



AGAWAM

Advertiser-News

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Volume XVIII Number 39

"Your Hometown Newspaper"

September 28, 1995

Teachers' Pact Postponed Until Next Bd. Meeting

by Kathy Cassanelli
News Editor

The 290 members of the Agawam Education Association (AEA) will have to wait until October 10th to see if the contract they ratified last week will be approved by the School Committee.

On Tuesday, September 26th, the School Committee delayed voting on the teachers' contract after Mayor Christopher C. Johnson pointed out the item had not been properly presented on the agenda.

Johnson said the vote should have been scheduled for executive session rather than as new business on the agenda. Because both the School Committee and the teachers' union had agreed to make a joint statement upon final ratification of the contract, and to refrain from publicly commenting on the contract until that time, Johnson said the committee would need to meet in executive session before taking a final vote in open session.

Usually, the School Committee schedules its executive sessions as the last item on its agenda. However, Johnson said the committee would likely agree to go into executive session as their first order of business and then return to open session for the final vote at their next meeting.

SEE CONTRACT - Page 2...

Appeals Board Seeks Funding For Power Plant Study

by Kathy Cassanelli
News Editor

Before the Zoning Board of Appeals (ZBA) rules on Berkshire Power's request for a special permit to allow structures taller than 40 feet on the site of their proposed power plant, the town may hire a private consultant to review the case.

At the Thursday, September 21st meeting of the ZBA, Chairman Ronald Hebert said he plans to ask the Town Council for funding for an independent study, limited to the issues facing his board, to be conducted by a local environmental consulting firm.

At presstime, Hebert said he expects Mayor Christopher C. Johnson will place a funding request on the Town Council's agenda for the October 2nd meeting.

The ZBA has 90 days from the public hearing held on August 24th to deliver its ruling, but Hebert said the board could ask for an extension of the deadline if more time is needed. Berkshire Power, as well as power plant opponents, would have to agree in order for an extension to be granted.

The ZBA has decided that a special use permit will not be necessary because the power plant is an allowed use under Agawam's zoning codes. However, the board will apply the criteria for a special use permit as it considers Berkshire Power's request to build a 167-foot smokestack and other structures exceeding the 40-foot height restrictions.

SEE STUDY - Page 2...

AHS Mohawks Hold Annual Candy Sale



ON SATURDAY, SEPTEMBER 23RD, members of the Agawam High Marching Mohawks canvassed the community for their Annual Candy Drive. Band members pictured in the band room at AHS are, from left - Andrea LeBlanc, Kim Faust, and T.J. Gontczaruk. Advertiser News photo by Jack Devine.

Food Distribution At St. John's Church



VOLUNTEERING THEIR SERVICES AT ST. JOHN'S CHURCH on Sunday, September 24th, as part of the SHARE food program were, from left - Aurore Craig, Carol Haire, Diane Ryan, James Collins, and Ed Francis. Advertiser News photo by Jack Devine.

CONTRACT - from Page 1...

Although the teachers have technically been working without a contract since August 31st, the union's tentative agreement with the School Department means the terms of the new contract, when approved by the School Committee, will be retroactive to the first day of school.

In other business, at the recommendation of Superintendent of Schools Bernard F. Ryder, the committee approved funding for two teaching assistants to alleviate overcrowding in the four first grade classes at Granger School.

Ryder said if there was a classroom available, he would have asked for another teacher to bring the enrollment closer to the preferred ratio of 20 first graders to a class. At Granger, there are 28 students in the first grades.

"First grade is when the reading code is broken," Ryder said. "That's the key to all education. If we can't teach them to read, we're in trouble."

Ryder said he intended to pay for the teaching

assistants with funds originally earmarked for students to attend Westfield Vocational High School.

Several committee members agreed with the need for the teaching assistants, but criticized Ryder and Associate Superintendent Donald Charest for not providing detailed information in writing on where the money was coming from.

With costs for the Special Education Department already over budget, member Linda Galarneau said, "I don't want to see the same thing happen as last spring if more Special Education kids come into town."

Last year the School Committee was forced to seek an additional \$200,000 from the town to purchase supplies when unanticipated costs in Special Education and transportation drained all funds except salaries.

Member Louise David said she supported having teaching assistants for the first graders, but there wasn't a plan to deal with possible overruns in Special Education.

"Here we are again living for today and not

planning for tomorrow," Mrs. David said.

Ryder said the Special Education Department is \$96,000 over budget, but there has been a \$100,000 cushion for unforeseen expenses in their budget, leaving \$4,000 unspent.

Although he said he couldn't predict what might happen with regard to Special Education costs later in the year, Ryder said he was "very comfortable" in asking for the funding with the budget as it is now.

"I think the first graders in regular education deserve as much as the students in Special Education," Ryder said.

Charest said the School Department saved just under \$50,000 when eight students who had intended to go to Westfield Voke decided to attend Agawam High School instead.

The committee members present unanimously approved the transfer of \$16,000 from the out-of-district tuition account to the Granger School account. Committee member Susan Pettazzoni was absent.

STUDY - from Page 1...

The ZBA will decide whether the power plant will adversely affect the health, safety, and property values of the neighborhood. Also, the board must consider whether the plant will create a nuisance or a hazard to vehicular or pedestrian traffic and whether the proposed use is so offensive or obnoxious that it is against the public interest (and could be detrimental to the character of the neighborhood).

Special Use Permit Not Needed

Hebert said the list of industrial uses not allowed in Agawam does not include power plants and a special use permit is not needed.

Hebert said, "If anyone is aggrieved by the board's decision, you always have recourse in district, superior, and housing court."

Power plant opponent Frank Lawlor of neighboring Losito Lane said he was pleased with the board's decision to apply the criteria for a special use permit. "This is going to be a debate about common sense," Lawlor said. "What does common sense tell you about the bulk storage of

petroleum products?"

Berkshire Power's proposal includes storing 900,000 gallons of low sulphur heating oil as a back-up fuel supply for its 250 megawatt gas-fired electric generating plant. The plant would be allowed to burn fuel oil for 720 hours per day.

Lawlor said whichever way the ZBA decides on the special permit, he expects the issue will ultimately be rendered by a judge as either proponents or opponents of the plant will not agree with the ZBA's ruling.

"It's almost a given that this is going to court," Lawlor said. "I'm not speaking for the Concerned Citizens and Businesses of Agawam, but I'm not going away. I'll personally appeal this."

At the September 21st meeting, ZBA members reported on their research and field trips to power plants in Dartmouth, Bellingham, Milford, and Lakewood, New Jersey.

ZBA Vice-Chairman Raymond Gendron said he found the Lakewood plant to be a first class operation. He said noise is not a factor and there has not been a single incident of fogging on the

New Jersey Turnpike (located 400-feet away) since the plant began operating a year ago.

Hebert said the former mayor of Lakewood reported that property values have not been affected by the plant.

No Adverse Affect On Property Values

ZBA member Doreen Prouty said that her field trips to Milford and Bellingham revealed no adverse affect on property values. In Milford, Ms. Prouty spoke to the town assessor and compared streets close to the power plant to random sites selected throughout the town.

In Bellingham, Ms. Prouty spoke to a resident living near the plant who said he had opposed the plant but reported no increase in colds or respiratory problems in his young children.

However, Ms. Prouty said she agreed with Attorney Jeffrey Bernstein's call for an independent, expert analysis of the impact of power plants on property values.

Bernstein represents Chez Josef (of Shoemaker Lane) in its fight to prevent the construction of a power plant adjacent to its banquet house.

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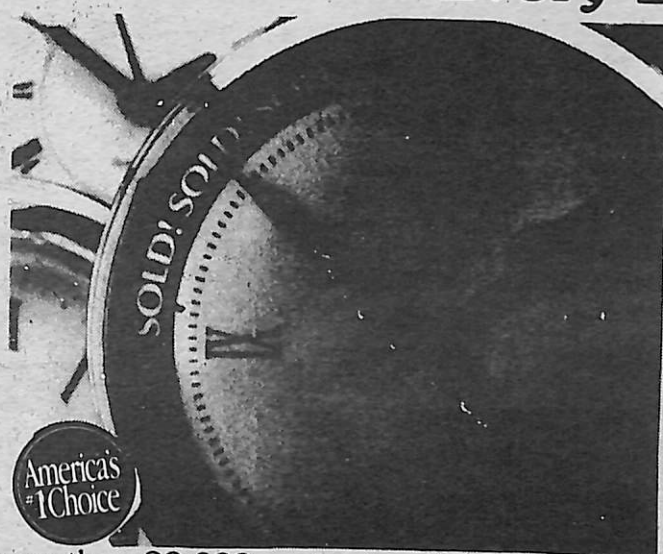
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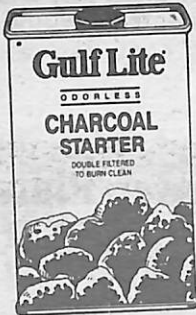


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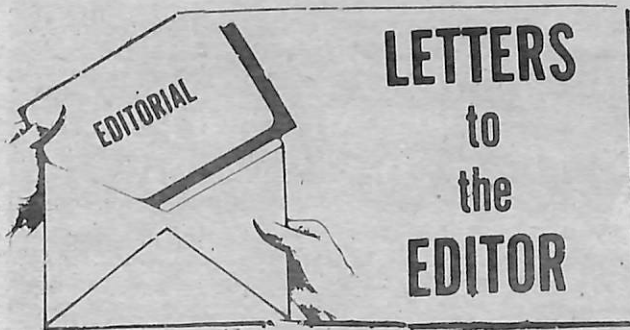
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Guidance Counselor Cohen Changed Ag. Student's Life

To The Editor:

Mr. Alan Cohen, my high school guidance counselor, had a great impact on my life. There was much that he taught me about myself, others, and life in general. Without him always being there for me and encouraging me, I would not be where I am now.

A few years back, my older brother, Laki, committed suicide. The reasons for this are still unknown. At first, like many survivors of suicide victims, I could not bring myself to accept his passing. Once it truly hit me, time stopped. I fell apart and tumbled into a depression; Mr. Cohen pulled me out.

For hours every day at school, Mr. Cohen would pull me out of class and counsel me. He would help me to see the truth of what was happening, and help me to help myself. He would help me deal with my peers, parents, and teachers.

Time went by very slowly as I tried to pick up my life where I had left it. I can tell you I wasn't very easy to get along with for a while. Yet, Mr. Cohen would look past my angers and fears and find ways for me to continue. There is so much I could thank him for.

Mr. Alan Cohen will always be someone I look at as a hero; my hero. Because of my experience, I also look at Mr. Cohen as my mentor. I want to help others as he helped me. The time I spent in those few school years with him changed my life. It's truly a pity that I will be one of the last few students he would counsel.

Angelo Pananas
Agawam

Power Plant Issue Deserves Serious & Responsible Thought

To The Editor:

I have done some extensive research into the request from Berkshire Power for a special permit to build a gas-oil fired generation plant in Agawam, with appurtenants, structures, and equipment in excess of the 40-foot limit per our Town Code.

In my research, I have found that six structures containing approximately 35,000 square feet and cover about 65 percent of the project. These structures are all in excess of the 40-foot limit permitted by our Town Building Code for the Industrial B Zone, eight acres.

Approximately seven structures of about 19,000 square feet or 34 percent and are 40 feet and under. This is way out of proportion for any kind of a variance, four acres.

The storage tanks on this project will hold in excess of three million gallons of liquid. To allow a special permit for heavy industry such as this in a residential area would be unforgivable.

I believe that this would be a breach of trust to the many businesses that have invested and built

their buildings in this town for its rural and country surroundings. These people have abided by our zoning laws with the assumption that other new business would do the same. Some of these people would never have located here under these circumstances.

Never in the history of Agawam has there been a special permit granted to exceed the 40-foot limit as disallowed in our Town Code. The adverse impact of this request to exceed the 40-foot limit would be insurmountable. It would set a new precedent, opening a Pandora's Box for future development.

Allowing this to happen would literally retard any future development in the Shoemaker Lane industrial area, and attract other undesirable industry.

I urge this board to make a serious and responsible decision after carefully analyzing the long-term affect that this will have on our community.

Peter Longo
Agawam

Three AHS Cheerleaders Going To London In Dec.

To The Editor:

We, Ellen Belrose, Tara Fiorini, and Meagan Langevin, are Agawam High School's varsity "All-Star" Cheerleaders with exciting news!

This year at our annual summer camp we competed for, and won, a spot to participate in the Lord Mayor of Westminster's New Year's Day Parade for the Queen of England! This event is sponsored by the Universal Cheerleaders Association (UCA) and cheerleaders from all over the world will be performing in this parade.

We did it! We worked hard to be chosen for the honor of representing our community and are very proud to also be representing our squad, all of whom gave us their help, encouragement, and enthusiasm. It is with this same enthusiasm that we are working to raise the funds necessary for our trip. We must raise \$2,000 each to arrive in England for this parade.

We are committed to this goal and are working on many different events to raise the funds. We would greatly appreciate your contribution to help us reach this goal! You may make checks payable to Agawam Varsity Cheerleaders London Bound, Woronoco Savings Bank, Springfield Street, Feeding Hills, MA 01030.

Gratefully,
Ellen Belrose
Tara Fiorini
Meagan Langevin
Agawam High Varsity Cheerleaders

Berkshire Power Issue Should Involve Will Of The People

To The Editor:

This is to express support for the right of the people to have a voice on the power plant construction.

Seeking the opinion of the townspeople through referendum is not an abrogation of authority by the elected officials when a decision of this magnitude is confronted. There are many issues involved in this matter including the environment, health, and finances. Regardless of the merits of the project, the impact will be of major and lasting consequence to the town.

It should be the responsibility of the elected officials to seek the opinion of the electorate. This is not a matter of trusting the decision of the few, but a matter of representing the will of the people whom they serve.

K. Costell
Feeding Hills

Denial To Vote On Power Plant Sends Wrong Message

To The Editor:

The controversy involving the construction of a power plant has created grave and deep division in Agawam. The basis of the division is not whether a power plant should be a part of the Agawam community, but the inability to participate in the voting process.

While I can understand and appreciate the arguments pertaining to the need to comply with technical formalities, the posture that a public vote would send the wrong message to the business community is contrary to the democratic framework of this country. To deny us the opportunity to vote whether to support construction of a facility that may have a significant and material impact on our community, is an affront to the ability of citizens to participate in the democratic process.

I am not suggesting that every issue to be decided by our local government be subjected to a public vote, but it is not logical or rational to take the position that a power plant is a usual and customary agenda item submitted for consideration to our local government.

It is obvious that I will be prevented from voting on November 7, 1995 on this issue, but I do stand ready to participate in a special election. It is the denial of the right to vote on this issue that would send the wrong message.

Atty. Robert A Gordon
33 Worthington Brook Circle
Agawam

Why Do Councilors "Object" To Power Plant Referendum?

To The Editor:

Just when the citizens of Agawam thought that some common sense might be surfacing with respect to the town councilors' positions on the proposed Berkshire Power Limited Partnership power plant scheme, it appears that three of our town councilors have resorted to another legal trick to deprive us, again, of our legitimate say in the matter. This time, Councilors Thompson, Taylor, and Danie came up with a little-known

SEE LETTERS - Page 5...

COMMUNITY CALENDAR

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Tuesday, October 3rd
"Family Health Expo" at
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Meadowbrook Manor - off Wright St.)
10:00 a.m. to 3:00 p.m.
(Admission is free)
Call 786-0400, ext. 242 for more info

Wednesday, October 4th
Agawam Community Artists mtg.
At Captain Charles Leonard House
7:00 to 9:00 p.m.
(Meetings are open to the public)

Friday, October 6th
Nocturnal Adoration Society of
Agawam and West Springfield
At St. John's Church, Main St., Agawam
7:00 to 11:00 p.m.

Friday, October 6th
Performance by The Springfield
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LETTERS - from Page 4...

"charter objection" to the council placing a question regarding this issue on the November ballot.

As has been asked since early June, what could these town councilors possibly have to object to? While Agawam residents have raised valid concerns about this proposed plant, petitioned for public hearings, and petitioned for a ballot question, all Councilors Thompson, Taylor, and Danie have done is object to and obstruct the concerns of their own constituents.

How many voting citizens have to demand some action for these councilors to address the citizens' concerns? One? Sixty? Twenty-two hundred? At this point, enough concern has been raised for these town officials to act in a manner supporting the town's citizens. Instead they continue to act in support of an invading outside organization apparently bent on exploiting us.

Sadly, Councilors Thompson, Taylor, and Danie have raised some disturbing concerns by their actions and inactions. Worse perhaps is that Councilors Thompson, Taylor, and Danie evidently do not care. They apparently do not care about the town and its well-being. They do not appear to have any regard about their constituents' concerns. What they DO appear to care about is reelection and garnering political power for themselves through elective office. Their constant indifference to citizens' concerns and apparent disregard of service to the Town of Agawam's citizens only lends credence to the negative view we all have of town politicians and politicians in general.

Mayor Johnson cannot escape criticism either in this matter. He has led the way in supporting this scheme and its proponents while ignoring the townspeople and their concerns. He, too, has had no apparent reason at all to oppose placing a question regarding the power plant proposal on the November ballot. Yet Mayor Johnson has previously stated that he will do everything he can to oppose such a question.

As with the town councilors, what is in this scheme for the mayor? Why should he object to and obstruct citizens' concerns? Unfortunately, Mayor Johnson has a record of conflicts of interest, apparently including his assumption of the school board presidency at the expense of a duly elected representative to that board. With this in mind, it is not hard to accept the possibility of shenanigans in the mayor's dealings with the proponents of this power plant scheme.

The only defense these politicians have come

up with is that this is merely a political situation. Such a view is completely ridiculous. While this situation may only be a political game to THEM, it is OUR lives, health, and property which are at stake. If anything, many people now involved in the "political" process have become sensitized to it ONLY because of the problems they found while looking into the power plant scheme.

A thought that comes to mind is the old cliché, "Power corrupts, and absolute power corrupts absolutely." Evidently, Mayor Johnson and Councilors Thompson, Taylor, and Danie think that they are above the rules. I hope that the voters of Agawam prove them wrong by voting them all out of office this November.

In addition, perhaps the next ballot question we Agawam voters should consider is in regard to abolishing the office of mayor and establishing a two terms per lifetime limit for town councilors. As has been said before, a hired town manager can be fired for failing at his or her duties. Best of all, we can avoid the prospect of professional politicians establishing empires for themselves.

Sincerely,
Rob Keenan
150 Riviera Drive
Agawam

It's Up To Councilor Bitzas To Come Through For People

An Open Letter To Councilor George Bitzas:
To The Editor:

IT'S UP TO YOU, GEORGE! Your buddy in the Mayor's office and your marionette colleagues on the Town Council have dumped the entire ballot question issue into your lap!

It is obvious that five of your fellow councilors will repeat their Charlie McCarthy imitations and do exactly as they have been told. The other five will vote to let the people of this town have a voice. You will be the deciding vote.

Congratulations. You now have another chance to show all of us what a "man of honor" you are. I hope you will do a better job this time than you have in the past. We know that you have been under intense pressure from Berkshire Power and the Mayor to vote against the ballot question.

You have been a long and loyal supporter of the Mayor and Berkshire Power but it is now time to stand on your own and support the people of this community, your neighbors, who are asking for an opportunity to have their voices heard.

You should keep in mind, George, that the peo-

ple of Agawam have very good memories. We all remember that in June you made a big showing of the fact that you never "say no to the democratic process." But then, a few days later, you did say no!

You did this after you claimed that you wouldn't stand in the way of the question that you voted against twice. Do you think that those votes showed you to be a "man of honor"? You voted against the people's right to be heard!

We also remember the fact that you ignored the requests of your neighbors on Zachary Lane when they asked for your help in preventing a used car dealership from being put in their back yards. These people, who only live a block from you, have in many cases invested their life savings into their new homes and asked you to protect the integrity of their residential area.

You didn't seem to care about what they thought and voted in favor of the dealership.

We remember, too, all of the promises you made during last year's race for state representative. We remember that you promised to support the winner of the Democratic Primary but we're not quite sure that you did. Was that the action of "a man of honor"?

You now have got another chance, George! You can stand up and honor your commitment to the people of this town or you can let others pull your strings and vote to oppose the people again. I know that there are a great many people paying very close attention these days and I suspect that if you go back on your word again many of those people will not be voting for you in November.

Your actions will speak for themselves. We will all be able to see whether George Bitzas is at last a man of his word or a puppet who ignores those he is supposed to represent.

IT'S ALL UP TO YOU, GEORGE!

Best wishes,
Frank Lawlor
Agawam

"Polluters" Do Not Deserve Hospitality Of Our Town

To The Editor:

Kurt Welker, who views businesses as constituents and insists they have more rights to be heard than 2,000 town residents, has done our town an incredible disservice.

SEE LETTERS - Page 6...

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LETTERS - from Page 5...

As he continues to spew forth such rhetoric as his specious argument that a referendum question will hurt other businesses and dissuade them from enjoying our hospitality, he forgets that only residents are citizens of the town and that we have no reason whatsoever to let polluters enjoy the hospitality we would happily grant any business that doesn't shred our lungs.

We need not extend our hospitality to polluters, and we particularly need not extend hospitality to businesses who laugh at our concerns.

As six elected officials - Mayor Johnson, Nancy Thompson, Robert Danie, Jill Simpson, George Bitzas, and James Taylor - will shortly learn, to their chagrin, our desire to speak to the question is so strong that we will happily vote out of office those who sought to silence us. I, for one, shall also have no problem insisting on the community consciousness of our businesses as well. We're the ones allowing them to thrive. How dare they try to silence us?

Vote against the six.

Owen Broadhurst
Agawam

Credit Reports Now Toughest In Country Says Rep. Keenan

Acknowledging the recognition from consumer advocates across the state, Representative Daniel F. Keenan announced the enactment of the Fair Credit Reporting Act. The new law, touted as the toughest in the nation, seeks to protect consumers by reforming the much maligned credit bureau industry.

"This landmark law addresses one of the most pressing issues facing today's consumers. It empowers Massachusetts residents by improving an individual's access to his or her credit reports and by establishing a system to make timely corrections of faulty data," stated Rep. Keenan, whose support helped defeat vigorous lobbying and public relations efforts from the credit reporting industry.

Rep. Keenan said his action was necessary because research has demonstrated that as many as one of every three consumer credit reports contains errors. Given the significance a person's report has on his or her ability to access money, housing, and a job, as well as the inclination of credit agencies to ignore individual dispute claims, the resulting situation for consumers was considered uncertain at best.

The new law requires credit reporting agencies to provide a free copy of consumers' reports on an annual basis. Furthermore, agencies would be mandated to investigate disputed information within a 30-day period. If the data in question is found to be inaccurate, the agency would be forced to remove the error from the record in three days.

Other provisions of the law will serve to improve consumer privacy by allowing people to remove their names from marketing lists, require agencies to inform consumers about their individual rights, and mandate that each agency establish a toll-free phone number for inquiries.

"By providing these and other consumer protections, I hope to send a message to those who would infringe on the rights of consumers - Massachusetts will safeguard the rights of its citizens," concluded Rep. Keenan.

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You are cordially invited to attend a Reception
in honor of

The Honorable Christopher C. Johnson
Mayor Of Agawam

Wednesday, October 4, 1995
7:00 p.m. - 10:00 p.m.

Oaks Banquet House
1070 Suffield Street, Agawam, Mass.
Hors d'oeuvres - Entertainment
Contribution \$15.00

For tickets call Anna at 786-6297 or tickets available at the door

Paid for by the Committee to Re-Elect Christopher C. Johnson

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MAKING PLANS FOR THE Veterans' Day Luncheon on Saturday, November 11th, at the Agawam Senior Center are Jessie D. Fullerr (left), a member of the Agawam Veterans' Council, and Ruth Bitzas, veterans' agent. Advertiser News photo by Jack Devine.

Plans In Full Bloom For Upcoming Veterans' Day Luncheon On Nov. 11

The Agawam Veterans' Council/50th Anniversary Committee are planning a Veterans' Day luncheon on Saturday, November 11th to be held at the Agawam Senior Center on Main Street at 12:00 noon.

The menu will include roast stuffed chicken breast, baked potato, butternut squash, tossed salad, half peach with cranberries and cake for dessert, all prepared by caterer Betty Couture.

Veterans' Day will make the end of the World War II commemorative period with CHURCH BELLS AROUND THE WORLD BEING TOLLED 50 TIMES AT EXACTLY 11:00 A.M. FOR THOSE WHO

SERVED IN WW II. During the luncheon, citations will be presented to those who volunteered to help with the project.

Tickets will be \$10, with proceeds to be used toward the planned HONOR ROLL on Veterans' Green. Please join in with your community for a great lunch, and help support the real HONOR ROLL in Agawam.

Tickets may be obtained by contacting the Veterans' Office at Town Hall, 36 Main Street, 786-0400, ext. 236 or 237, or any member of the committee: Ed Kellogg, Jessie Fuller, Priscilla Peterson, George Schlagel, Glenn Seymour, Peg Brown, Ron Hamel, and Jack Devine.

Melconian Says State Senate Passes Tougher Law On Defective Used Cars

Senator Linda J. Melconian (D-Springfield) announced recently the Senate passage of her bill which would protect consumers who lease a new car with serious defects.

Currently, Massachusetts law only protects against the risk of a "lemon" if the car is purchased. Under Senator Melconian's proposal, the state's Lemon Law would be expanded to cover new car, long-term leases.

"Consumers should not be disadvantaged by their choice to lease rather than buy a new vehicle. This is one of those cases where the consumer protection laws have not kept pace with reality. When the Lemon Law was enacted in 1983, leasing was not widely available. Now, with the popularity of new car leases skyrocketing, no rationale exists to treat long-term leasing any differently from ownership," said Senator Melconian.

Highlights of Senator Melconian's bill include:

* Coverage extended to any new car, van, truck, or motorcycle leased in Massachusetts for a term of at least one year.

* Term of protection is one year or 15,000 miles.

* To qualify as a lemon, the vehicle must suffer from serious defect - one which subsequently impairs the use, market value, or safety of the vehicle and cannot be fixed after a reasonable number of repair attempts (three repairs for same defect OR the vehicle is out of service for 15 business days for any combination of defects).

* An aggrieved consumer has a choice of remedies: (1) receive an identical model car as a replacement or (2) receive a refund of all lease payments made along with incidental costs incurred by the consumer because of the defect.

If anyone is interested in obtaining more information about this legislation, please contact Senator Melconian's District Office at 786-6033.

WE CORDIALLY INVITE YOU TO ATTEND
A RECEPTION IN HONOR OF
KARL STIEG

A NEW FACE FOR MAYOR OF AGAWAM!

WEDNESDAY, OCTOBER 11, 1995
6 P.M. - 10 P.M.
CHEZ JOSEF
176 SHOEMAKER LANE

HOT HORS D'OEUVRES - ENTERTAINMENT BY RITCHIE MITNICK
CONTRIBUTION \$10.00

FOR TICKETS OR INFORMATION CALL
BILL AND SUE GENSHEIMER AT 786-1567
TICKETS AVAILABLE AT THE DOOR.

PAID FOR BY THE STIEG FOR MAYOR COMMITTEE.

A PAID POLITICAL AD.

A PAID POLITICAL AD.

S.A.L.T. Committee To Address Safety Concerns Of Seniors

by Kathy Cassanelli
News Editor

Help is on the way for Agawam senior citizens to assist them in safeguarding their homes, their possessions, and themselves through a community policing program linking seniors with the Police Department and human service providers.

Under the umbrella of TRIAD, a national community policing initiative between seniors, law enforcement, and social service agencies, Agawam has formed a S.A.L.T. (Seniors and Law Enforcement Together) Council to assess and address the concerns of local seniors relative to public safety.

After nearly a year of meetings with local and county law enforcement officials, Agawam senior activists are ready to launch their S.A.L.T. Council, the first in Hampden County.

S.A.L.T. Council President Oliver Muldrew and Vice-President Jessie Fuller have been working on a plan to survey the town's elderly population on their fears of becoming victims of crime and are planning strategies to help seniors overcome their fears.

Muldrew said the council has designed a survey for seniors to communicate their fears on public safety issues. These range from fear of housebreaks and vandalism to fear of assault and robbery or abuse from family or friends.

In an attempt to reach all senior citizens living in Agawam, the survey (along with a cover letter) will be sent out to all homeowners in their tax bills next month.

Also, the Agawam Housing Authority will distribute the survey to all residents of senior housing complexes, and the Meals on Wheels Program will deliver the survey to senior shut-ins.

All senior citizens are urged to fill out the questionnaire and return it to the Agawam Senior Center, or call the center to have a S.A.L.T. volunteer pick up the survey.

Muldrew said the survey will be used to gather information on the concerns of the elderly about crime. The survey will also serve as the basis for implementing programs to ease fears and raise community awareness about the problems of the elderly and public safety.

"If it turns out that people are afraid to go shopping alone or to go out after dark, we're going to organize a group of volunteers to take them," Muldrew said. "Whatever shows up on the survey, we'll implement something to deal with it."

Looking For Cooperation From All Age Groups

Hoping to encourage an intergenerational approach to the problems of the elderly, Mrs. Fuller said the S.A.L.T. Council would be looking for cooperation from all age groups.

"People don't realize, especially our young people, that seniors need to be respected and not ridiculed or harassed," Mrs. Fuller said. "If the young people are willing to help the seniors, then it should be a two-way street with seniors willing to help younger people."

The S.A.L.T. Council meets on the second Wednesday of the month at 10:00 a.m. at the Agawam Senior Center, and anyone interested is welcome to attend.

On Monday, October 23rd, Agawam will host a meeting of the Hampden County TRIAD at the Captain Leonard House on Main Street. The meeting will run from 9:00 a.m. to 12:00 noon and will feature a panel discussion by the Agawam S.A.L.T. Council. They will outline their procedures in getting law enforcement and seniors working together. Representatives from the District Attorney's office, the Hampden County Sheriff's Department, and community representatives from surrounding cities and towns are expected to attend.

Agawam's S.A.L.T. Council consists of Agawam Police Sergeant Steven Draghetti, Captain Charles Camerlin of the Sheriff's Department, Richard Mundo, Director of the Council on Aging, Rita Matys, Mildred Swain, Phyllis Mason, Violet Presz, Rev. Curt Fuller, and James Loomis.

For photo coverage in the AAN, call Jack Devine at 789-0053; however, please be sure to give Jack at least 48 hours' notice prior to the date of your event.

Fire Wise...

by Fire Chief David Pisano

Fire Safety For Older Americans

If you are age 65 or older, you are your own best insurance against fire and burn injuries. Fire safety isn't just for children. Because, like children, older Americans are at a greater risk of being injured or killed from fires or burn injuries than other adults. The Agawam Fire Department encourages you to take some time to look for and correct fire hazards around your home.

Make sure you have at least one working smoke detector on each level of your home. They should be tested once a month, and the battery should be changed annually.

Have an escape plan. Know two ways out of every room, in case fire or smoke block one way out. Remember, during a fire the breathable air is close to the floor, so crawl low under smoke. Once you get out, stay out and call the fire department (911) from a neighbor's. Keep your glasses and a flashlight by your bed.

If you smoke or have smokers in your home, extra precautions should be taken. Each year careless smoking is a major cause of fires. A lit cigarette that falls onto a bed or sofa can smolder for hours.

You should never smoke in bed or when lying down. Make sure large, deep ashtrays are used, and that all smoking materials have been ex-

tinguished completely. Dispose of butts in a metal container or douse with water before emptying into a trash can.

The kitchen is another area that can be very dangerous if certain precautions are not followed. Make sure your stove is clean and free of grease build-up. Keep flammables, such as towels and pot holders, away from the stove and oven.

Turn pot handles away from the front of the stove so they won't be knocked off or pulled down. If you're called away from the kitchen during food preparation, turn all burners off. If you have a stove fire, put a lid on it, turn off the heat, and let it cool.

Many fires are caused by home heating. You should have your heating system checked annually by a qualified professional. If you use portable electric or kerosene heaters, make sure they have at least three feet of clearance around them while in operation, and always follow the manufacturer's instructions for their use.

Make sure you've insured your safety at home by knowing what to do in case of a fire. Contact the Agawam Fire Department at 786-2662 if you have any questions or need more information.



SUPER SAVINGS!

ICE
89¢ 5 Lb. Bag

LOWEST MILK PRICES

\$1.75 - Gallon (1%)
\$1.85 - Gallon (Skim)
\$2.09 - Gallon (2%)



COKE & PEPSI SALE



12 Pack
\$3.99

1 Liter
99¢

2 Liter
\$1.24



Half Gallon Florida Orange Juice
\$1.09

Mrs. Murphy
Fresh Daily **Donuts**
Coffee & Donut For **99¢**



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SCOTT'S CITGO



Open 24 Hrs

650 Suffield St. (Rte. 75) Agawam

Obituaries

Nicholas J. Ferraro

Nicholas J. "Nick" Ferraro, 71, of 75 Belvidere Ave., Feeding Hills, who took part in the historic relief of Bastogne in 1944, died at Mercy Hospital in Springfield.

He was a painter, and worked for Marcel Bouchard Painting Contractors for 25 years. Born and schooled in Springfield, he was a World War II veteran of General George S. Patton's Third Army. He was a private first class and tank crewman in the 37th Tank Battalion of the 4th Armored Division.

Ferraro's unit, led by then-Col. Creighton W. Abrams, also of Agawam, spearheaded the relief of the besieged 101st Airborne Division at Bastogne, Belgium, on December 27, 1944. Ferraro was wounded at Bastogne.

He moved to Feeding Hills in 1963, and was a communicant of Sacred Heart Church.

He belonged to Veterans of Foreign Wars Post 1632, the Disabled American Veterans, the Springfield Eagles Club, and the West Springfield Fish and Game Club.

He leaves his wife, the former Eleanor I. Disa; a son, Angelo of West Springfield; a daughter, Michelle R. Champagne of Feeding Hills; a brother, James of Westhampton; two sisters, Anna Cecchi and Catherine Comisso of Feeding Hills, and a grandson.

The funeral was at Colonial Funeral Home and the church, with burial in Springfield Street Cemetery.

William Michnovetz

William Michnovetz, 71, of Agawam died at the Veterans Affairs Medical Center in Northampton's Leeds section.

He was a construction worker for the Alaskan Pipeline. Born in Springfield, he was an Army veteran of World War II. He served in the 101st Field Hospital in Czechoslovakia.

He lived in Alaska for 30 years, and moved here eight years ago. He leaves two brothers, John and Michael of Agawam; a sister, Helen Margosiak of Springfield, and several nieces and nephews.

The funeral was at Springfield Funeral Home, with burial in Oak Grove Cemetery.

Dorothy E. Kretschmar

Dorothy E. (Coe) Kretschmar, 83, of 34 Riviera Drive, Agawam died at home. She worked at Massachusetts Mutual Life Insurance Co. in Springfield for 20 years, and retired from its income settlement department.

Born in Springfield, she was a graduate of the city's High School of Commerce. She lived in New Port Richey, Florida, and returned to Springfield before moving here nine years ago. She attended the Union Congregational Church of Springfield, belonged to its Women's Guild, and was a former deaconess.

She leaves her husband of 65 years, Herbert H. Kretschmar; two sons, Richard I. of Springfield and David A. of West Chester, PA; a daughter, Linda J. Christiansen of Pawtucket, Rhode Island; a sister, Gertrude Palmer of Marksville, LA; five grandchildren, and seven great-grandchildren.

A memorial service was conducted in the church, with burial at the convenience of the family in Hillcrest Park Cemetery, both in Springfield. Byron's Allen Street Funeral Home was in charge.

Memorial contributions may be made to the church organ fund at 91 Jasper St., Springfield, 01109, or the Pioneer Valley Hospice, P.O. Box 9058, Springfield, 01102-9058.

Louis T. Dennis

Louis T. Dennis, 69, of Agawam, died at Baystate Medical Center in Springfield. He was a machinist at the former Package Machinery Co. plant in East Longmeadow for 32 years, and retired in 1988.

Born in Springfield, he lived in the city for many years, and attended local schools. He was a communicant of Our Lady of the Rosary Church in Springfield. He moved here in 1981.

He leaves his wife of 50 years, Alice Wauczinski; a son, Jerry; a daughter, Carol Lee; a brother, Thomas "Sy," all of Feeding Hills; a sister, Eugenia Dennis of Springfield; three grandchildren, and two great-grandchildren. A daughter, Dianne Dennis, died in 1987, and another grandson in 1988.

The funeral was at Agawam Curran-Jones Funeral Home and the church, with burial in St. Michael's Cemetery, both in Springfield.

Madeline A. Marrewa

Madeline A. (Shahum) Marrewa, 73, of 18 Reed Street, Agawam, the co-owner of Harry's Fruit Stand in West Springfield, and Echo Hill Orchard in Enfield, CT, for 15 years, died Monday, August 28th, at Baystate Medical Center in Springfield.

She retired in 1970.

Born in Scranton, PA, she lived in Agawam for 50 years. She was a communicant of St. Anthony's Maronite Church in Springfield, and a member of its Ladies Guild and Bingo Group.

Her husband, Harry E. Marrewa, died in 1980.

She leaves a son, Harry M. of California; two daughters, Elizabeth A. Greenway of Agawam and Cheryl A. Karwoski of Westfield; three brothers, Aziz and Paul of Scranton, PA, and Peter of Geneva, N.Y.; a sister, Nellie Peters of Moscow, PA; and six grandchildren.

The funeral was held at Colonial Funeral Home and the church, with burial in Springfield Street Cemetery in Feeding Hills.

Memorial contributions may be made to the church at 375 Island Pond Road, Springfield, MA 01118, or the John J. Peters Institute, Rape Victim Foundation, 260 South Broad Street, Suite 220, Philadelphia, PA 19102.

Phyllis M. Gould

Phyllis M. (Goode) Gould, 77, of 349 Pine St., Feeding Hills, a florist with the former Schlatters Flowers in Springfield for more than 20 years, died in Mercy Hospital in Springfield. She retired in 1980.

Born in Wales, England, she was educated in schools in England. She came to West Springfield in 1946 and was a longtime resident there before coming to Agawam. She was a member of the Feeding Hills Congregational Church.

Her husband, Frank E. Gould, died in 1991. She leaves three sons, Frank of Feeding Hills, David of Suffield, CT, and Phillip of West Springfield; four daughters, Frances McBride, Ellen Harvell, and Jennifer Gould, all of Feeding Hills; and Susan Gould of Springfield; eight grandchildren and three great-grandchildren.

The funeral was at the Agawam Curran-Jones Funeral Home, with burial in Springfield Street Cemetery in Feeding Hills.

Memorial contributions may be made to the Alzheimers Disease and Related Disorders, 11 Campus Lane, Easthampton 01027.

*Please remember
that our deadline is
each Tuesday at
12:00 noon - AAN!!!*

LEGAL NOTICE

The Agawam Planning Board will hold a public hearing on Thursday, October 5, 1995 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Oliver/Doyle Real Estate Co.

TOWN OF AGAWAM AGAWAM PLANNING BOARD

for an amendment to the Definitive Subdivision Plan for Coventry Estates concerning sidewalks.

By Order of Charles R. Calabrese, Chairman
Agawam Planning Board

Published: September 28, 1995

LEGAL NOTICE

Personal Injury Law

* Accidents *

**If You Were Injured
Because Of...**

- Automobile Accident
- Slip And Fall
- Work-Related Injury
- Defective Product
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**Don't Be Hurt Twice—
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ATTORNEYS AT LAW
2 South Bridge Drive
Agawam, MA
789-2020

A NOTE OF DEEP THANKS

**LIZ GREENWAY, OWNER OF
WALNUT STREET CLEANERS,**

AGAWAM, wishes to express her sincere thanks for all of the kindness, support, and consideration given to her, both personally and professionally, before and after the death of her beloved mother, MADELINE MARREWA.

Liz says the strength and togetherness found in our community serves as an inspiration to us all.

CAMPAIGN 1995

Bitzas Announces Candidacy For Fourth Term On Town Council

"During my six years of service as a City Councilor, I have always been the strongest supporter of our veterans," said George Bitzas in a recent campaign press statement.

"As a veteran and a second lieutenant of the Greek army, I believe we should help and honor those who have served our country. As you councilor, I sponsored a resolution protesting the closing of the Holyoke Soldiers Home. I helped to organize a Boston rally and lobbied the state government in supporting our veterans and their issues. I believe this was one of my most important accomplishments in favor of all veterans and their families.

"I also co-sponsored a resolution supporting our troops during the Gulf War. I was active, along with our city and state officials and hundreds of residents, in organizing an official welcome for our troops at Westover Air Force Base.

"I believe that the American flag deserves

respect. I sponsored a resolution which was sent to the Governor and the President supporting a Constitutional amendment prohibiting the physical desecration of our flag.

"I strongly supported and lobbied for an increase in the property tax exemption for veteran organizations. Now the American Legion and the V.F.W. are fully tax exempt," Bitzas said.

"I also served for two years as a co-sponsor with officials from West Springfield for the Flag Day Celebrations.

"I was very honored to be chosen, three years ago, as the Outstanding Foreign Born Citizen by the State of Massachusetts American Legion. I received this award for supporting veterans and their causes at a ceremony at the American Legion in Auburn, Massachusetts. This has strengthened my determination to continue my support for all of our veterans. If I am re-elected," he concluded, "I will be able to do this."



GEORGE BITZAS

Mayor Candidate Stieg Says His Campaign Will Not Include Waving At Intersections

Karl Stieg, candidate for mayor, recently stated he will not be campaigning with waving or holding signs at the motorist at any intersection in Feeding Hills and Agawam.

He feels this is a dangerous and hazardous practice to the motorist and pedestrians. This practice is very distracting and is done only for the candidates' name recognition without regard to the safety of the public. No one would like his name better known in Agawam than Karl Stieg.

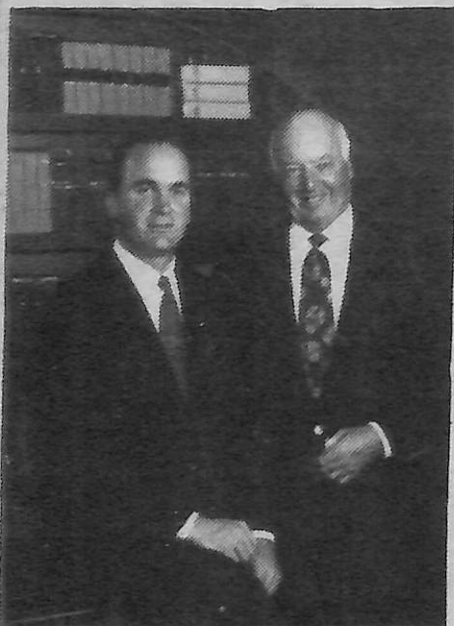
Aside from the safety issue, it is unlawful to campaign or hold or wave signs on any state highway which includes (specifically) the rotary at the Julia B. Buxton Bridge rotary (South End Bridge).

The Department of Transportation said it is illegal to have advertising signs or pedestrians on

state highways and that this law should be enforced by the state and local police.

"I am requesting that the Agawam Police Dept. enforce this law," Stieg said.

Our Family Serving Your Family



Frank & John O'Brien

Funeral arrangements don't have to be made the day a person dies.

Arranging a funeral at the time of death is emotionally difficult; however, in pre-planning your funeral, you take care of all the important arrangements and decisions today before the need arises. And if you choose to pre-pay, you will alleviate the financial burden on your family.

Since 1885, we have served the community with care and dignity. As part of our continuing effort to help our families plan for, and ultimately deal with, the passing of loved ones, we want to make you familiar with this program. Call us for an appointment to discuss, with no obligation, the details, of this beneficial program.

Toomey - O'Brien Funeral Home

1043 Westfield Street
West Springfield, MA 01089
732-2278

FORE
THOUGHT
FUNERAL PLANNING

The one thing to do BEFORE going on public aid.

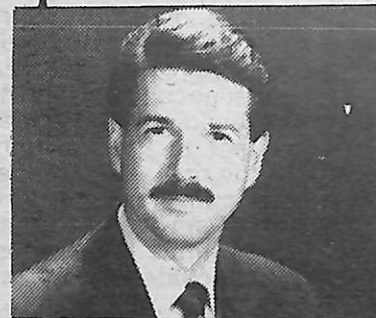
Even though the state requires you deplete all your assets before receiving public aid, there is a way to protect some of what you have worked so hard to save.

In Massachusetts, Medicaid, SSI and Long Term Care allow you to pre-plan your funeral including casket, vault, cemetery property, grave marker or burial crypt in addition to a set amount of cash assets.

You should make funeral arrangements before applying for aid. We can explain the laws governing prepaid funerals before you apply for benefits.

If you, or someone you know, are considering aid, consult our funeral home for complete information.

For a no obligation consultation write, or call 786-2600



Peter Forastiere
Funeral Director

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of Agawam



985 Main Street, Agawam, MA 01001

Yes, please send me a free brochure.

Send this form to 985 Main St., Agawam, MA 01001

Name _____

Address _____

City/State _____ Zip _____

Phone (optional) _____

CAMPAIGN 1995 - continued...**Mayor Johnson Proud Of Services Provided At Agawam Library**

"Agawam is fortunate to have a wonderful public library which offers many different kinds of materials for people of all ages. During the recent fiscal crisis, many communities have been forced to make significant reductions in library services," said Mayor Christopher C. Johnson in a recent campaign statement.

"Some communities have significantly reduced their staff size and materials budget which has resulted in shortened hours, branch closings, and empty shelves. The Agawam Public Library has avoided layoffs and recently expanded the staff in order to continue to provide top quality services to all the residents of Agawam.

"The town has also increased funding for books and materials which has allowed the library's collection to diversify with more audio and video tapes, compact discs, and more reference and multi-media materials on CD-ROM.

"Library circulation is now at approximately 235 percent of what it was in FY 1986. The state average circulation per capita for our population group is 6.3, while Agawam's is 10.4, or 65 percent higher than the state average. Our staff circulated 21,730 items per full-time equivalent, which is 78 percent higher than the state average of 12,216 items per full-time equivalent. The state average staff size for our population group, based on our 63 open hours per week, is 21 full-time equivalents. Agawam maintains outstanding library services with only 15.2 full-time equivalents," said Johnson.

"In addition, the Chief Librarian and her staff have been very successful in obtaining competitive grants to provide additional materials and equipment. This hard work has allowed the library to acquire public access personal computers and software. The library has also acquired a computerized card catalog system called Online Public Access Catalog (OPAC).

"OPAC allows residents to have computerized fingertip access to the catalog of all the library's materials. Instead of searching through endless drawers of cards, users will be able to access the catalog of materials by computer utilizing word and author search features. OPAC has also assisted the staff with the tedious task of updating the catalog, and made the library's operation more efficient.

"Along with a wonderful staff, the library is blessed with many wonderful volunteers who provide invaluable assistance, and it is also blessed by the generosity of many civic groups who make annual donations to improve and expand the library's materials collection. These donations help the library continue its expansion into audio, visual, and computer mediums.

"We are now working on plans to make a substantial addition to the library which will allow our library to grow with our community, and continue its record of excellence. We are in the process of updating the building program and will soon retain an architect to prepare schematic plans. We are also in the process of preparing an application for a state grant to assist in funding the proposed addition. I am proud of our public library and I plan to continue my support of its outstanding efforts," concluded Johnson.

Rep. Keenan Has Advice For Elderly

State Representative Daniel F. Keenan has issued the following public service announcement for elders and the members of their families:

The Gerontology Institute of the University of Massachusetts has issued a new publication designed to provide useful and important information to seniors in Massachusetts. *Guide for Elders: Planning that Protects You and Your Assets* is a user-friendly "how to" booklet which gives practical advice on how the legal and social service systems work in Massachusetts to protect elderly citizens.

The booklet covers such areas of concern as power of attorney and health care proxy, wills, nursing homes, guardians and conservators, consumer rights, and elder abuse. Each area answers the most common questions asked by elders, and there are sample of documents and forms which illustrate how to deal with specific concerns.

Individuals may order the guide from the Institute by writing to *Guide for Elders*, Gerontology Institute, University of Massachusetts Boston, 100 Morrissey Blvd., Boston, MA 02125. Orders from residents 60 and older should include \$3 per guide for postage and handling. Orders from all others are \$5 per copy.

Residents are reminded that they may reach Rep. Keenan regarding this and other matters at his district office at 549 Springfield St., Agawam, at 786-4545.

Russo Announces Council Candidacy; Questions Role Council Plays In Govt.

Louis J. Russo is announcing his bid for a seat on the Agawam City Council. Known for his outspoken honesty, Russo has always distinguished himself as an independent and caring voice in government.

Russo stated, "I have never been afraid to be outspoken when it is in defense of our citizens or when an issue is not in the best interest of our town. I make decisions solely on the merits of an issue and not the wishes of outside special interest groups or individuals. To do otherwise would be cheating the voters and ignoring the reasons for which councillors are elected."

Russo is known as a strong believer in effective quality education and has supported the necessary funding to bring this about. "There was no need to cut the school budget and deprive our children of the type of education that Agawam was once known for. There is absolutely no excuse for eliminating needed programs and classes, especially since Agawam received over **\$3,000,000.00 in educational reimbursements in 1995 alone,**" Russo stated.

When questioned on the role of the Council, Russo commented, "The Council must act to bring about positive legislation while stopping expensive and wasteful practices. There must be **COOPERATION** among councillors, but it must be balanced with **HONEST** opinion by councillors who **CARE**."

Issues should be debated honestly to prevent poor decisions and wasted taxes. As a result, a good representative should be judged not only by the good things that he or she does, but also by the bad things that he or she prevents." Russo continued by saying, "**The present Council did the impossible by unanimously passing a \$40,000,000.00 budget without questioning a single dollar.** The hundreds of thousands of mismanaged tax dollars that were left in the town side of the budget should have been used to prevent this year's educational cuts. Those same mismanaged dollars could have been used to increase public safety, pay for capital improvements, or provide additional elderly needs."

A firm believer in a strong industrial tax base, Russo stated, "Because of our industrial park, Agawam has become an attractive place in which low impact industries are choosing to locate. We must continue with sensible industrial development if we are to maintain the character of our community and our quality of life. Controlled industrial development is necessary to help lessen the tax burden on our homeowners while providing hundreds of jobs for our residents."

A lifelong resident of Agawam, Russo has been



LOUIS J. RUSSO

involved in an elected, appointed, or voluntary capacity for all of his adult life. He has readily offered his time and experience in nearly all areas of community life. Some of the areas include education, elderly affairs, the physically and mentally handicapped, environmental issues, youth programs, and veterans' issues.

Russo has degrees in business administration and liberal arts. He is a small business owner and is a member of the Board of Directors for many civic and charitable groups. He and his wife, Gail, have been married for 22 years and have two sons. One son attends UMASS and the other attends Agawam High School.

Anyone wanting the return of honest, caring government or would like to ask any questions, please contact Louis Russo at 786-9107.

ATTENTION ALL CANDIDATES: Beginning this week we asked that all press releases, photos, and ads be brought in on Monday due to the increased volume of work for the staff.



Sure, we've got native apples—enough to keep a whole practice of doctors away, but we also have all the other stuff which makes New England such a special place this time

of year. Corn stalks, pumpkins, gourds, indian corn, over a dozen varieties of winter squash, and of course, Bobby's Famous Mums. We'll also be picking peppers, tomatoes, beans, corn, cukes, pickles, eggplant, and everything else right up until a killing frost stops us. And, a note for those of you who like to plan ahead, keep in mind we'll be closing for the season at the end of the day, Sunday, 15 October.

E. Cecchi Farms, route 57, Feeding Hills

"Everything you'd grow if you had 40 acres."

CAMPAIGN 1995 - continued

Stieg Disagrees With Mayor Johnson On Referendum Issue

In a press release issued this week, Karl Stieg, candidate for mayor, stated, "I know of no stronger issue on which I disagree with Mayor Johnson than the referendum issue of Berkshire Power."

"I am not a 'one-issue' candidate. I have framed an honest and thorough platform stressing open government and prioritizing town needs, as well as taking an active stand on the referendum question."

"The Mayor says that a dangerous precedent would be set by the referendum. HOGWASH!"

"The only precedent being set here is we would allow buildings to be built outside of the Industrial Zone Code—buildings that are almost twice as high as the code allows, not to mention a 175-foot smokestack."

"The citizens of Agawam should have a voice on any issue that would change their small-town character, especially the impact of the Berkshire Power Plant."

"Unlike the Mayor, who said that he would ignore the results of a referendum question put forth on this issue, I would not ignore these results regardless of my personal opinion."

"We have to protect our business base. We owe it to them. Allowing a project of this magnitude would affect many of those current businesses."

"The role of a leader should be built on TRUST. When our business community embraced our Industrial Park, they did so with the understanding that only light industry would be built. To now change would create an atmosphere of distrust."

"A referendum would be the healthiest message we could send to our existing business community," concluded Stieg.

Candidate Langone Announces Names Of Campaign Committee

Town Council candidate Joseph F. Langone recently announced the formation of his campaign committee.

Langone stated, "A council campaign is an important and serious undertaking. The help of many individuals is necessary to cover the myriad aspects of a city-wide campaign. I am proud to announce that my mother, Ellis L. Langone, President of Langone Plumbing and Heating Supply, Inc., will be my treasurer."

"I am also pleased that Agawam Attorney Anthony C. Bonavita has undertaken the position of Committee Chairman. As well, former Councilor John Negrucci has graciously accepted a position on my committee."

Langone, a graduate of Assumption College and an instructor at the Massachusetts Career Development Institute, further stated, "I intend to run an open and positive campaign. Anyone who wishes to assist my campaign may contact me at 786-3419, or Anthony Bonavita at 786-2079."

"Anyone who wishes to make a contribution to my campaign may contact my treasurer, Ellis L. Langone, at 786-9474."

For all the local news, you turn our pages every week
ADVERTISER NEWS

Looking Back...

by David Gallano
Agawam Historian



October 1974

OCTOBER 2nd - STREET REPAIR BIDS DUE TUESDAY

State Rep. Edward Connelly said today he has been advised by the state Department of Public Works that bids for the resurfacing of Main Street, from the Agawam Bridge to the Connecticut state line, will be opened Tuesday at 2:00 p.m. in the state DPW construction engineer's office in Boston.

Connelly said he estimates total cost of the project at \$400,000. He said he also arranged to meet with the department to assure the resurfacing begins at the bridge and works south.

Connelly said the direction is important since this will provide ample time for the town to make considerable numbers of water connections along Main Street.

OCTOBER 2nd - OFFICIALS WANT TO RESTRICT RESIDENTIAL SIGNS

The Planning Board and Town Council Ordinance Sub-committee will recommend a change in the proposed sign ordinance to restrict the size and number of signs in residence zones. A change accepted would force losers in political primaries to remove their signs 48 hours after the primary. Also, under elections, the owner of the property on which the sign rests will be responsible for its removal 48 hours after an election.

OCTOBER 5th - POLICE DEPT. ISSUES AUGUST STATISTICS

Police made 254 arrests and investigated 29 accidents during August. Seventeen accidents were property damage and 12 other were personal damage accidents. Police also logged 34 ambulance runs that month, 26 medical cruiser runs. The report also shows 600 businesses checked, 16 of which were found open and were then secured. Dog complaints numbered 42, while the number of total complaints in all categories numbered 804.

OCTOBER 5th - LIBRARY CONDEMNED IN FEEDING HILLS

Building Inspector Joseph J. Conte has condemned a section of the Feeding Hills branch of the Agawam Public Library.

The action came after a full inspection of the library Monday. Conte said about 60 percent of the library's unusable space has been sealed. In addition to dangerously unsafe flooring, Conte said one of the building's major carrying beams in the cellar of the structure is split.

OCTOBER 7th - COUNCIL CONSIDERS VISIT TO TEXAS FOR "AGAWAM" FETE

The Town Council tonight will review a rather unusual but honored request to attend dedication ceremonies at the U.S. Naval Air Station in Kingsville, Texas when one of the Navy's training aircraft will formally be named "Town of Agawam."

Council President Benjamin Lockhart received a letter from Naval Commander B.K. Healy notifying him of the ceremonies.

Dedication of the aircraft, Healy wrote, is in recognition of the personnel assigned to the air training command from the community, namely Ensign Jodi P. Boucher of Agawam.

'Pennies For Miracles' To Benefit Children's Miracle Network

You can turn your spare change into "Pennies for Miracles" from October 2nd through October 9th at the Riverdale Shops on Riverdale Road in West Springfield during the third annual Children's Miracle Network fundraiser.

All monies raised during "Pennies for Miracles" will benefit the Children's Miracle Network at Baystate Medical Center Children's Hospital.

The "Pennies for Miracles" booth will be staffed at the Riverside Shops near The Toy Works store from 10:00 a.m. to 7:00 p.m.

"We're hoping to raised one-million pennies to help the children of Western Massachusetts," said Ely Dunn, coordinator, Children's Miracle Network.

Each person who makes a donation at the "Pennies for Miracles" booth will be entered into a free drawing for an oversized teddy bear named "Tartan," to be held October 9th at 7:00 p.m. The first 1,000 children who donate their pennies to the Children's Miracle Network will receive a Halloween bag with tips to keep their Halloween safe. Bandy Bear, the official mascot of Baystate Medical Center's Children's Hospital, will also make daily appearances at the fundraiser.

Also, as part of its Columbus Day Celebration on Monday, October 9th, the Riverdale Shops will sponsor free face painting and a variety of free entertainment at the shopping center throughout the day.

"Donations of any loose change, however big or small, will add up to a huge success for the children of Western Massachusetts," Dunn said.

All monies raised through the Children's Miracle Network go directly to Baystate Medical Center Children's Hospital and its sister hospitals, Franklin Medical Center in Greenfield and Mary Lane Hospital in Ware.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM LIQUOR LICENSING COMMISSION

Notice is hereby given under General Laws, Chapter 138 that Chez Josef, Inc., Allan Skole, Manager has applied for an alter of premise license for their establishment at 176 Shoemaker Lane, Agawam, MA. Alteration of license would include Site I, located in the front of the building for an area approximately 20'X30' to accommodate 200-275 people prior to dinner inside with 30 tables and sufficient tables to accommodate the number of people, with a portable bar. Sit II located on the right hand side of the building an area of approximately 1,600 sq. ft. in the northeasterly part of the property, only 30'X50' used at a given time to accommodate 275 to 450 people for two to three hour functions, with up to 38 tables and sufficient chairs to accommodate number of people, portable bars will be set up. All functions held at these sites will be private, and both areas are capable of being roped off and in-house security will monitor all functions. Public Hearing to be held on October 10, 1995, at 7:00 p.m., in the Faolin Peirce Room, 681 Springfield Street, Feeding Hills, MA.

RICHARD A. DILULLO, CHAIRMAN
JOHN J. CHRISCOLA, JR.
ROBERT VANDERHOOF

Published: September 28, 1995

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Expires: October 15, 1995

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Expires: October 15, 1995

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Families



THE CRANKERS ANTIQUE CAR CLUB held its Fourth Annual Fall Poker Run on Sunday, September 10th, at EB's Specialty Chicken Restaurant. PICTURED ABOVE in top photo are Garry Brinn, Mike MulHollen, Shara Morse, Joe Barrows, Dawn Hall, Don Hall, and Bob Livingstone, Jr. The Crankers will be at Heritage Hall Nursing Home on October 14th for the Harvest Day celebration. Advertiser News photos by Jack Devine.



For photo coverage in these pages, please call photographer Jack Devine at 789-0053; however, please give Jack at least 48 hours' notice prior to your event.

"Crankers Antique Car Club" Holds Fall Poker Run

On Sunday, September 10th, "The Crankers Antique Car Club" held its Fourth Annual Fall Poker Run. The run started at EB's Restaurant and went through West Springfield, Southwick, Granby, CT, Windsor Locks, CT, Enfield, CT, Longmeadow, and back to EB's for an all-you-can-eat ziti and meatball dinner.

The participation of 21-plus cars, 40-plus hungry people, and a beautiful, sunny, warm day was very enjoyable for everyone.

On Saturday, October 14th, anyone with an antique car is asked to join The Crankers' display at Heritage Nursing Home, 61 Cooper Street, Agawam.

Also, The Crankers will be at the Agawam/West Springfield CROP Walk at the United Methodist Church, 459 Mill St., Agawam. The drawing for the Annual Raffle to help the Open Pantry will be held after the CROP Walk. Tickets will be sold up to the time of the drawing.

This year, five prizes will be offered: 1st Place - a \$250 shopping spree at The Big Y; 2nd Place - a round-trip ticket for two to Atlantic City and \$50 spending money; 3rd Place - a Club steering wheel lock; 4th Place - a gift certificate to Alexander's Restaurant; 5th Place - a gift certificate to EB's Restaurant.

Please join in for the fun of giving and displaying your antique cars.

Sweatshirt Sale Slated By Ag. Lioness Club

The Agawam Lioness Club will hold a sweatshirt sale on Wednesday, October 18th, at the Captain Leonard House from 6:00 to 9:00 p.m.

Sweatshirts, tee-shirts, and active wear will be available. All proceeds go to charity.

Recently, Bernice Burton and Rosemarie Maniscalco accepted, on behalf of the Lioness Club, a plaque of appreciation for the club's continuing support of Camp Rainbow.

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October To Mark "Small FryDay" At Children's Museum

"Small FryDay," one of the most popular programs at The Children's Museum in Holyoke, returns for its seventh year in October.

Continuing with the format that has worked so well for the past six years, each Friday morning from 9:30 a.m. to 12:00 noon, The Children's Museum will host Small FryDay. This is a time for infants, toddlers, and preschoolers to enjoy the museum without large groups present.

Special workshops are held each week. Workshops on the first Friday of each month will focus on science in the museum's continuing effort to encourage an interest in science at an early age.

The Workshop Fee is \$2.50 per child for non-members, and \$2 per child for members. Reservations are necessary, and can be made the week of the workshop.

* **Friday, October 6th, 10-Finger Science workshops at 10:45 and 11:30 a.m.:** "AN APPLE A DAY" explores the fruit of the season through a variety of apple activities. For ages three to five.

* **Friday, October 13th, 10:45 and 11:30 a.m.:** "LEAVES ARE FALLING." Participants will focus on colors and textures and create something special to bring home. For ages 2½ to five.

* **Friday, October 20th, 10:45 and 11:30 a.m.:** Sometimes preschoolers don't realize that "THE DOCTOR IS OUR FRIEND." Here's a chance for them to learn more about what the doctor does and to see up close some of the tools of the trade. For ages 2½ to five.

* **Friday, October 27th, 10:45 and 11:30 a.m.:** Get ready for Halloween! This morning it's time to "MAKE YOUR OWN MASK." It can be scary or funny, anything you want. For ages three to five.

Experience the magic of Small FryDay at The Children's Museum, located at 444 Dwight Street at Heritage Park in Holyoke. The museum is open Tuesday through Saturday from 9:30 a.m. to 4:30 p.m., and Sunday from 12:00 noon to 5:00 p.m.

Admission is \$3 per person. Children under one are admitted free.

For more information, call (413) 536-KIDS.

Check our classified

Mezzetti Family Reunion At Riverside Park



MEMBERS OF THE MEZZETTI FAMILY gathered recently at the Riverside Park picnic grove for their annual family reunion.

Alcohol & Drug Services Of Western Mass. To Hold Annual Dinner On October 25th

Alcoholism & Drug Services (ADS) of Western Massachusetts, Inc. will hold its annual dinner at Ches Josef in Agawam, on Wednesday, October 25th.

A social hour will begin at 6:00 p.m., followed by dinner at 7:00 p.m.

The guest speaker for this dinner will be New York Yankee pitching legend Ryne Duren, who will

share his story of addiction and recovery with humor, warmth, and insight.

Tickets for this event are \$30 each, and seating is by reservation (tickets will be mailed October 20th). Tables of 10 or 12 are available.

To receive a ticket order form, contact ADS as soon as possible at (413) 737-1141.

6th Annual

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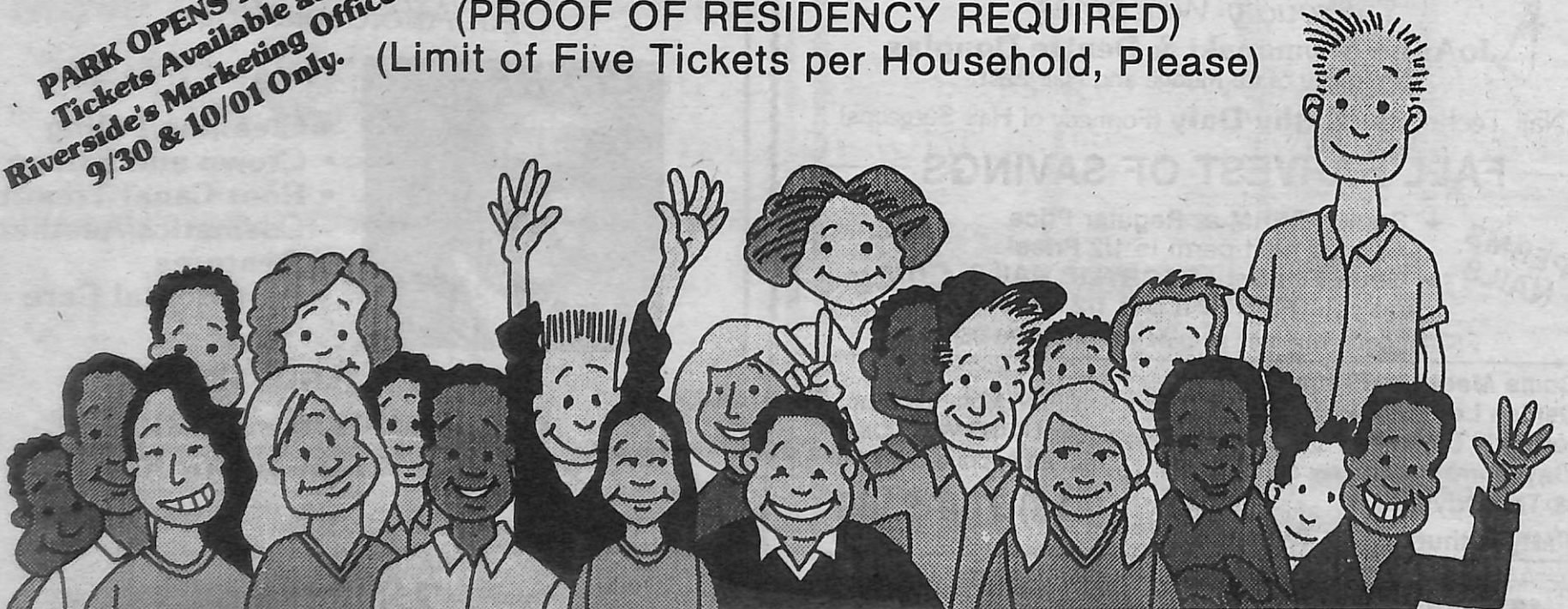
Saturday, September 30th & Sunday, October 1st

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Tickets Available at
Riverside's Marketing Office
9/30 & 10/01 Only.



Golden Blue Ribbon Singers At Heritage Hall



MEMBERS OF THE POPULAR Golden Blue Ribbon Singers group entertained residents of Heritage Hall Nursing Home (North Building) on Thursday, September 14th. Advertiser News photo by Jack Devine.



MR. & MRS. ERICH FOGG

Kris Moon Becomes Bride Of Erich Fogg

Kris Moon and Erich Fogg were united in marriage on August 19, 1995. The ceremony was held at St. Thomas More Church in North Stonington, CT, and the reception was held at the U.S. Coast Guard Academy in New London, CT.

The bride's attendants were Sarah Fogg, Melissa Moon, Jennifer Moon, Mary Wohlleber, and maid of honor Heidi Hofbauer. The groom's attendants were Timothy Michael, Jay Votzak, Aaron Vanderhoof, Michael Curto, and best man Michael Cleavall.

The parents of the groom and Mr. & Mrs. George H. Fogg, formerly of Agawam. The parents of the bride are Mr. & Mrs. Conrad W. Moon of North Stonington, CT.

The groom is a 1989 graduate of Agawam High School and a 1993 graduate of Springfield College. He now attends Emory University Graduate School of Medicine in the Physician Assistant Program. The bride is a 1990 graduate of Wheeler High School in North Stonington, CT and a 1994 graduate of Springfield College.

The couple honeymooned with a Royal Caribbean cruise to Bermuda. They now reside in Stone Mountain, Georgia.

Polish Club's Women's Auxiliary Schedules Holiday Craft Fair

On Saturday, October 14, 1995, the Women's Auxiliary of the Polish-American Club of Agawam will be sponsoring its annual Holiday Craft Fair. The event will be held at the pavilion on the club grounds, 139 Southwick Street, Feeding Hills, MA, from 10:00 a.m. to 4:00 p.m.

As in previous years, the ladies will be busy serving traditional Polish foods as well as the all-American hot dog and soft drinks.

Crafters from Agawam and the surrounding towns will have many beautiful as well as practical items for sale. Among them you will find holiday decorations, candles, floral arrangements, dolls, intricate paintings, decorated sweatshirts, and doll clothes.

Also, there will be knitted sweaters, cozy baby quilts, dried flowers, bears, country kitchen items, wood crafts, along with stained glass and tile painting creations, sports plaques, and much more.

With the holidays just around the corner, it's not too early to start that Christmas shopping!

Tickets Available For Friends/COA Dinner

Tickets are now available for the annual Friends/Council on Aging Dinner. The banquet will be held on Thursday, October 12, 1995, at Chez Josef.

The social hour will begin at 6:30 p.m., followed by dinner at 7:00 p.m. Guests will have a choice of meals: Chicken Florentine, Roast Beef au Jus, or Baked Boston Scrod.

The cost of tickets is \$20 per person, and tickets are available at the Agawam Senior Center, from Friends Board members, and from the members of the Agawam Council on Aging.

Entertainment will be provided by Richie Mitnick on keyboard, with vocals by Jessie Rivers, 1995 Ms. Senior Massachusetts. Friends, which will be celebrating its 10th Anniversary, will bestow its Friendship Award to a senior who has volunteered to improve the lives of Agawam's seniors. The Agawam Council on Aging will present the Andrew Gallano Award for meritorious service to elders.

For further information, call Lil Doyle at 786-8105.

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West Side Historians Conducting Tour Of Historical Homes

The West Springfield Ramapogue Historical Society will be conducting a heritage tour of historical houses on Sunday, October 8th from 1:00-5:00 p.m.

Tickets will be \$6 if purchased in advance, and \$7 if purchased the day of the tour.

This year, included in the tour is the Stebbins-Colton-Sweet House, the second oldest house in town, parts of it built in 1756 and the larger part in 1780 by Jere Stebbins.

The Russell Pepper House, built in 1792 on Cayenne Street, and the train station, now a Baptist church, built in 1900 on Front Street, also the Miller Auclair House on Sibley Avenue.

There will be nine places to visit in this historical tour, all of them a big part of West Springfield history.

This tour is run to raise funds to help preserve the Josiah Day House, built in 1754, at 70 Park Street. This is the only West Springfield house listed in the National Register, an unaltered brick Saltbox. It has never been moved from its original foundation.

Tickets for the tour are available at Westbank (Westfield Branch), Pipe & Book, West Springfield Record, the Friendly Barber Shop, and the Josiah Day House.

Daughters Of The Nile Schedules "Pumpkin Fair" For October 7th

The Daughters of the Nile will hold its annual "Pumpkin Fair" on October 7th from 9:30 a.m. to 7:00 p.m. at the Melha Shrine Temple, 133 Longhill Street, Springfield.

The day-long event will feature tables of fancy work, country kitchen items, toys and games, holiday decorations, attic treasures, country store, pillows, pick-your-own cookies, jewelry, and much more.

Lunch will be served. Come share in the fun. Proceeds from the fair will benefit the patients at the Shriners' Hospital For Crippled Children.



LENA KOZLOSKI

Lena Kozloski Is Now A Licensed Architect

Lena Kozloski of Cambridge was recently notified by the Division of Professional Licensing Services of New York that she passed the Architect Registration Examination.

Currently, she is employed by the firm of Cambridge Seven, located in Cambridge, MA, which specializes in aquariums and museums.

Lena is a graduate of Agawam High School. She received a B.S. degree in economics from Boston College and a Master's degree in architecture from Rensselaer Polytechnic Institute.

She studied in Rome, Italy, with the Rensselaer architecture program. Her apprentice work has been with both Cambridge Seven and Architect Plus of Troy, New York.

Lena is the daughter of Henry and Teresa Kozloski of Agawam.

Agawam Senior Ctr.'s Calendar Of Events For Month Of October

Monday, October 2nd: 9:00 a.m. Manicures, with Keri (by appointment).

Monday, October 2nd: There will be no bingo on this day.

Tuesday, October 3rd: Annual Health Fair, 10:00 a.m. to 3:00 p.m. Open to the public. (Please note: no other activities this day.)

Wednesday, October 4th: No Golden Agers' meeting.

Friday, October 6th: 9:00 a.m. Diabetic Screening (no appointment needed).

Friday, October 6th: 1:00 p.m. Duplicate Bridge.

Friday, October 6th: 1:00 p.m. Cribbage and Pitch.

Saturday, October 7th: 5:30 p.m. Bingo.

Monday, October 9th: Senior Center closed (Columbus Day).

Tuesday, October 10th: Movies, 12:30 p.m.

Wednesday, October 11th: 9:00 to 11:00 a.m. Free flu shots (no appointment).

Wednesday, October 11th: No Golden Agers' meeting.

Thursday, October 12th: 9:00 a.m. Podiatry with Dr. Salem (by appointment).

Thursday, October 12th: 7:00 p.m. 10th Anniversary/Annual Dinner at Chez Josef (Council on Aging and Friends of the Agawam Senior Center). Tickets available at Senior Center.

Friday, October 13th: 1:00 p.m. Duplicate Bridge.

Friday, October 13th: 1:00 p.m. Cribbage/Pitch with Janice.

Saturday, October 14th: 5:30 p.m. Bingo.

Monday, October 16th: Manicures with Keri.

Monday, October 16th: 1:00 p.m. Bingo.

Tuesday, October 17th: 11:30 a.m. Birthday/Anniversary Celebration by reservation.

Tuesday, October 17th: 9:00 a.m. SHINE (Serving Health Information Needs of Elders). By reservation.

Tuesday, October 17th: 12:30 p.m. Movies.

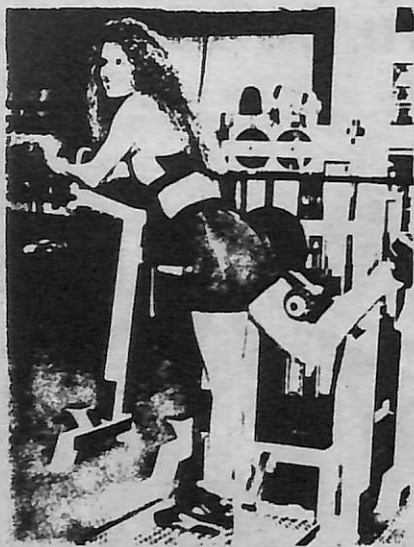
Tuesday, October 17th: 1:00 p.m. Blood pressure check (no appointment needed).

Wednesday, October 18th: 9:00 a.m. Podiatry with Dr. Dickert (by appointment).

SEE CALENDAR - Page 18...

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EMPLOYEES OF UNITED PARCEL SERVICE (UPS) helped-out with the spruce-up effort at the Agawam Counseling Center on September 14th. From left - Shirley Smiley, Lise Joslin, and Gary Sexton. Advertiser News photo by Jack Devine.

Local Businesses Help With Spruce-Up Of Ag. Counseling Ctr.

On September 14th, 30 volunteers descended upon the Agawam Counseling Center at 30 Southwick Street, Feeding Hills. In a matter of six hours, these hard-working people re-landscaped the entire front lawn, raked and weeded around the building, washed all the windows (inside and out), washed all of the carpets, painted interior walls, and stained the center's handicap-access ramps.

This effort was made possible by the Community United Way of Springfield as part of their "Day of Caring." Area businesses gave their employees "time off" so they could volunteer their time at non-profit organizations to do work that otherwise would not be done due to financial constraints. Approximately 1,050 volunteers worked at 52 organizations on the "Day of Caring."

The staff of the Agawam Counseling Center would like to thank the businesses responsible for helping them so generously: **United Parcel Service, BayBank, Mass Mutual.** They would also like to thank some Agawam businesses who donated supplies and materials to help make the day a success: **Rocky's Ace Hardware, Bruno's Pizza, and Taylor Rental.**

Most of all, the staff would like to send a great big "THANK YOU" to all the volunteers who participated in the "Day of Caring." The volunteers put their own work responsibilities on hold for the day, and their time, energy, and enthusiasm were deeply appreciated!

The Center could never have completed any of these projects without their help.

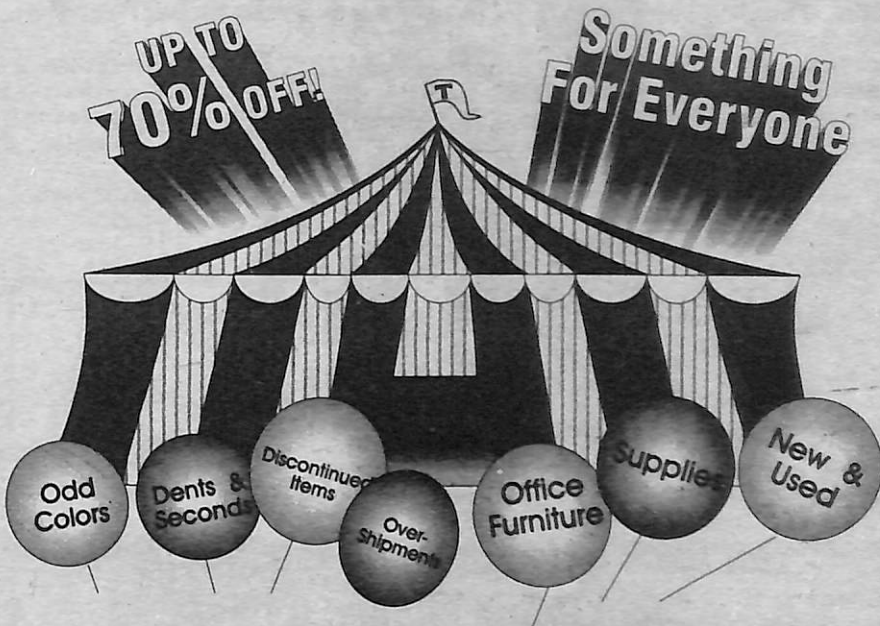


MORE UNITED PARCEL SERVICE (UPS) employees who helped with a landscaping spruce-up at the Agawam Counseling Center included, from left - Mark Radon, Rich Bourselas, Dave MacWilliams, and Bill Anderson. Advertiser News photo by Jack Devine.

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AHS's Class Of 1970 Is Seeking Classmates For 25th Reunion

Agawam High School's class of 1970 is looking for you! It's time for our 25th year class reunion, and we need your help.

The following is a list of those classmates that we are trying to locate:

Dave Adams, Glenn Adams, Gloria (Babeski) Bonsignore, Kathy Bailey, Penny Balsewicz, Dale Bewes, Brenda Boldebook, Jenny Bonavita, Jack Boucher, Donald Cabra, Mike Carliso, John Caron, Leonard Caron, Cindy Caruso, Sandi Cassanelli, Linda Castellanos, Cindy Chevalier, Linda Cirillo, James Crawford, Steven D'Amato, Steven Drake, Linda Fuller.

Linda Geckler, Shirley Geckler, Glenn Gould, Deborah Greco, Dorothy Greene, John Gruppioni, Thomas Guevin, Paula Hadden, Sarah Hastings, Elton Hedges, Dan Hoadley, Carolyn Craig, Susan Knowlton, John Kozak, David Langlois, Raymond Lefebvre, Diane Littlefield, Ricky Martin, Nancy Matt, Jim Mayberry, Tina Mazza, Karen McCorkle, Cherrie McCullough, Rick Meucci, Mike Moriarty, Pat Moriarty.

Pat Pasquale, Peter Paulson, Richard Ponusky, Debbie Preissler, Jeff Pruystupa, Ronald Richard, Mary Riley, Kenneth Rock, Carol Rothus, Janice Sagan, Jay Shea, David Sherman, Robert Smith, Dorothy St. Peter, Gilles St. Pierre, Mark Tease, Carmen Torino, Pat Torino, Doug Turner, Karen Vincent, Bob Walker, Dorelyn Ward, Beth Werner, Donna Willett, Cindi Wills, and Roy Wright.

If you know the whereabouts of anyone on the aforementioned list, please contact Joanne Dudley at 583-3478, Sandi Santinello at 569-0439, or Bobby Eldridge at 786-9701.

Interest in our reunion is very high, and your presence will help to make the evening a success!

Public Star-Gazing At Science Museum On Friday, October 13th

The observatory at the Springfield Science Museum will be open for public sky-gazing on Friday, October 13th at 8:00 p.m. Members of the Springfield Star Club will operate the museum's 20-inch rooftop telescope.

Viewers will observe Saturn and the Andromeda Galaxy. Although the Andromeda Galaxy is the closest large spiral galaxy to our own Milky Way, the light we see from it left more than two million years ago. Observers will also spot the Dumbbell Nebula, a shell of glowing gases thrown off by a dying star.

There is a fee of \$1.50 for adults and \$1 for children. The program will be cancelled if the sky is overcast.

The Science Museum is located at the Quadrangle at the corner of State and Chestnut Streets in downtown Springfield. For information, please call the museum at (413) 733-1194.

Holiday Country Fair Being Planned At Country Estates

The activity department of Country Estates Skilled Nursing and Rehabilitation Center of 1200 Suffield Street, Agawam has announced its plans for its first annual Holiday Country Fair.

The dates for this "not-to-be-missed" event are Friday, December 1, 1995, and Saturday, December 2, 1995, from 9:00 a.m. to 4:00 p.m.

Spaces are limited for renting. Please contact the activity department of Country Estates for details and applications. Call 789-2200, ext. 123.

BEST LOCAL NEWS



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Theosophical Society To Meet In Agawam

The Theosophical Society of Springfield will present Eleanor V. Marinaro, a Jungian Psychotherapist who holds a MS degree in Pastoral Counseling, on Sunday October 8th at 2:00 p.m. at the Captain Charles Leonard House, 669 Main Street, Agawam.

Ms. Marinaro will speak on "Dreams: Your Key to Spiritual Growth." She studied in the C.C. Jung Institutes in New York, Boston, and Zurich. Ms. Marinaro leads workshops and seminars in understanding dreams for spiritual and psychological healing. She states in describing the process, "Each of us has been wounded in life and may struggle with unresolved issues of childhood. These are blocks to the full realization of our life goals."

For more information, please contact Theosophical officers Robbie Cox (president), (413) 567-8078, or Elaine Kuzmeskus (vice president), (203) 668-0373.

Fall Rummage Sale At St. Joe's Of Westfield

A Fall Rummage Sale on Friday, September 29th from 9:00 a.m. to 3:00 p.m. and Saturday, September 30th from 9:00 a.m. to noon will be held at St. Joseph's Social Center, Clinton Avenue, Westfield.

This event is sponsored annually by the Ladies Adoration Society of St. Joseph's Polish National Catholic Church, 73 Main St., Westfield.

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MEMBER F.D.I.C.



Golden Age Clubs' Calendar Of Events For Month Of October

October 4th: Chapter 2 - 13th Anniversary Banquet to be held at the Shaker Farms Country Club, Westfield. With entertainment. Dinner at 12:00 noon.

October 6th: Chapter 1 - Board of Directors' meeting at 1:00 p.m. at the Senior Center.

October 9th-12th: Chapter 2 - Trip to the "Raleigh," a resort in the Catskill Mountains. All meals, plus entertainment.

October 11th: Chapter 1 - 39th Anniversary Banquet to be held at the Colosseum Restaurant, West Springfield. With entertainment. Dinner at 12:30 p.m.

October 16th: Chapter 1 - Trip to the Williams Inn, Williamstown, MA, for an "Octoberfest." Dinner and entertainment.

October 18th: Chapter 2 - Regular meeting at 1:30 p.m. with guest entertainer, Mr. Gene Basili, on the accordion.

October 25th: Chapter 1 - Regular meeting at 1:30 p.m. with gift bingo.

October 27th: Chapter 2 - Board of Directors' meeting at 1:00 p.m. at the Senior Center.

CALENDAR - from Page 15...

Wednesday, October 18th: 1:30 p.m. Golden Agers' meeting, Chapter 2.

Thursday, October 19th: 9:00 a.m. Foot care nurses (by appointment).

Thursday, October 19th: 10:00 a.m. ASGA (Agawam Senior Games Athletes) monthly meeting.

Friday, October 20th: 1:00 p.m. Duplicate Bridge.

Friday, October 20th: 1:00 p.m. Cribbage/Bridge.

Saturday, October 21st: 5:30 p.m. Bingo.

Monday, October 23rd: 9:00 a.m. Manicures with Keri.

Monday, October 23rd: 1:00 p.m. AARP monthly meeting.

Monday, October 23rd: 9:00 a.m. Weldon Hearing Van—Free Hearing Screening (by appointment).

Tuesday, October 24th: 2:00 p.m. Free legal consultation with Attorney Teryl Deegan (by appointment).

Wednesday, October 25th: 1:30 p.m. Golden Agers' meeting, Chapter 1.

Friday, October 27th: 1:00 p.m. Duplicate Bridge.

Friday, October 27th: 1:00 p.m. Cribbage/Pitch.

Saturday, October 28th: 5:30 p.m. Bingo

SEPTEMBER BIRTHDAY AND ANNIVERSARY CELEBRATION

Tuesday, September 12th was an extra-special day for all who attended the monthly "Birthday/Anniversary Party." What made this day so unique is who and how many years of celebration that went into the lives of...

Mr. and Mrs. Willis Parady, who were celebrating their 71st wedding anniversary; Alex Moodie, who is celebrating his 91st birthday; and Mable Miller, also celebrating her 91st birthday.

Others celebrating their special birthday were: Fern Senecal, Fran Smith, Ruth Parady, Sally LaPierre, Marco Commisa, Lilya Fisher, Joe DePalo, and Shirley Mosier. (We might add that none of the above are ready for anyone's rocking chair!)

Birthdays and anniversaries have been a monthly "highlight" for the past eight years. All seniors are welcome to the monthly celebration.

Call 786-0400, ext. 242, for reservations for your special day.

SINGERS NEEDED!

The "Sing For The Fun Of It" Group is still looking for people willing to get together for fun to sing. Don't be bashful ... fun is the bottom line (which means that you do not have to read music, and you do not have to be professional to take part).

SEE CALENDAR - Page 20...

Vocalist Patty Carpenter To Perform At Anniversary Banquet Of Golden Agers II

Acclaimed vocalist Patty Carpenter will perform at the Anniversary Banquet for the Agawam Golden Age Club Chapter 2 on Wednesday, October 4, 1995.

The celebration will be held at the Shaker Farms Country Club in Westfield and will begin at 11:00 a.m., with Carpenter's performance taking place at 1:30 p.m. The concert program will consist of jazz, swing, show tunes, and sing-alongs, and Carpenter will accompany herself on piano.

Carpenter's **MUSIC FOR SENIORS** concerts have gotten rave reviews from senior centers and nursing homes throughout New England. Berni Jenkins, Concord Senior Center director, commented, "The seniors loved your selection of music. One woman told me, 'She sang right through my marriage—she made me laugh and she made me sad.' How nice to be the catalyst for so many memories."

The Wellesley Senior Center considered it "one of the highlights of our fall activities," and Sophia Bousquet of the Westfield Senior Center stated, "Thank you for your wonderful performance. You brought joy to our hearts."

Patty Carpenter's love of music began in the mid 1950's when, still a toddler, she first heard "The Hall of the Mountain King" from Grieg's *Peer Gynt Suite*. As Patty grew up, she listened to folk, rock, pop, blues, and jazz. She played piano, bottleneck guitar, and sang in local coffeehouses.

Patty takes a special delight in singing for

seniors. As a teenager, she often took her grandfather to the local senior center. She'd sing and play the piano, and the folks would love it. Now she does it on a regular circuit.

"Seniors are a hip audience," Patty says. "They know good music. They grew up listening to swing bands and know all the standards; playing for them can be a wonderfully moving experience."

Since 1987, Carpenter has performed over 600 **MUSIC FOR SENIORS** concerts throughout Massachusetts. Tunes includes standards from the 1910's to the 1950's, including such favorites as "Stormy Weather," "Ain't Misbehaving," "Small Fry," "All of Me," "Body and Soul," "Are You Lonesome Tonight," "Goodnight Irene," and many others.

Carpenter has been performing professionally for over 20 years. At the University of Massachusetts, she studied with Archie Shepp, Max Roach, and Billy Taylor, and presently performs with a number of bands. She has appeared in Boston and New York, and plays regularly at local clubs and colleges.

The program is supported, in part, by the Agawam Cultural Council, a local agency, the Massachusetts Cultural Council, a state agency, and the National Endowment for the Arts.

If you would like to make a reservation and/or find out more about the Golden Age Club, please contact Virginia Lake at 786-9230.

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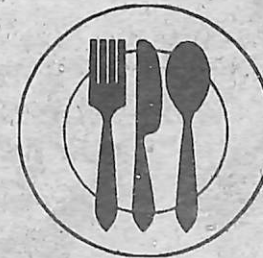
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SENIOR HEALTH FAIR!

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Fitness First is holding it's first SENIOR HEALTH FAIR

on
Monday, October 23rd
from 11 am - 3 pm



Hear local experts speak on nutrition, hearing aids, at-home care, osteoporosis,
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**Free Fitness First "Young at Heart" T-shirts will be given out to
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MR. & MRS. MICHAEL W. RIVERS

Carrie A. ViVenizio Wed To Mr. Rivers At Sacred Heart

Carrie A. ViVenizio and Michael W. Rivers were recently married at Sacred Heart Church in Feeding Hills. Father Kenneth Tatro officiated the ceremony, which was followed by a reception at the Colosseum in West Springfield.

The bride, daughter of Francis and Patricia ViVenizio of Hayes Avenue, Feeding Hills, was given in marriage by her father. The bridegroom is the son of Louis and Maureen Rivers of Boston Road, Palmer.

Tara Vivenzio attended her sister as maid of honor. Toby Zielinski served as best man.

The bride is a 1988 graduate of Cathedral High School and a 1992 graduate of Bentley College with a bachelor's degree in accounting. She is employed at Haggett, Longobardi & Co., LLC in Glastonbury, CT as a senior accountant.

The bridegroom is a 1988 graduate of Ludlow High School. He is self-employed and works for Lou Rivers Used Cars in Palmer, MA.

The couple honeymooned in Sandals Montego Bay, Jamaica. They now reside in Agawam.

Jr. Women's Club Provides Tips On Shopping With Kids

October is Domestic Violence Awareness Month, and in recognition of that, the Agawam Junior Women's Club wants to publish some tips on shopping with children, which can be stressful!

Before you go:

- * Try to make sure the children and you are not tired and/or hungry.

- * Have a talk beforehand on what behavior is expected.

- * Bring along a small snack, toy, or book the child can keep busy with.

At the store:

- * Try playing games—finding letters on store signs, find colors, hats, etc., where do apples come from?...

- * Praise your child's good behavior or another's as an example.

- * Give the child a job—i.e., get the bag of potatoes or box.

If it all doesn't work:

- * Ignore inappropriate behavior unless it is destructive, dangerous, annoying to others, or truly embarrassing.

- * Remove a child who is out of control—take them to a quiet place to calm down and discuss their behavior.

- * If all else fails, leave the store to return later either with the child or alone if you have a sitter.

- * Never buy a treat to pacify a child throwing a fit.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, and the General Federation of Women's Clubs of Massachusetts.

AHS Band Parents Offer Shuttle Busing To The BIG E

On the three weekends of The Big E, the Agawam High School Band Parents Association have again sponsored hassle-free shuttle parking for The Big E at Agawam High School.

Shuttle parking will again be available Sept. 30th and Oct. 1st. Shuttle buses will run continuously between the High School parking lot and The Big E beginning at 8:00 a.m. All Agawam buses will be marked in brown. The last shuttle will leave The Big E at 10:00 p.m.

Parking will be \$4. The shuttle charge is \$2 per person, round trip. This convenience to the fairgoer is provided by The Big E and PVTA. For those fairgoers parking at the High School, weekend discount tickets for The Big E will be available at a cost of \$6. Parking is available on weekends only.

With discount tickets, a family of four realizes savings enough to buy that one special Big E treat. Fairgoers who used shuttle parking last year remarked over and over on how convenient it was.

All proceeds received through parking fees will be used for the benefit of the Agawam High School Band program. Patrons are encouraged to use the shuttle parking. Avoid the hassle of weekend traffic and high-priced parking. Park at the High School, leave the driving to someone else, pick up discount tickets, and benefit the award-winning High School Band all at the same time.

SENIOR CENTER - from Page 18...

Call if you are interested—786-400, ext. 242 (activities department).

CRIBBAGE AND PITCH ... UPDATE AND CHANGE

Cribbage and Pitch will move from Monday to Friday in Room 1 at 1:00 p.m. Janice will continue to be the coordinator and instructor.

The first day of the new semester will be Friday, October 13th, and a tournament is planned (starting on October 20th) and will run for five weeks.

A Pitch tournament is planned following the Cribbage tourney. Non-tournament players are welcome to "open play" anytime during and after the tournaments.

Janice is always available to assist in learning the game. To join the Cribbage or Pitch group, call

the Agawam Senior Center at 786-0400, ext. 242, to register (ask for Sandra Smith, activities director).

SALT (SENIORS AND LAW ENFORCEMENT TOGETHER) COUNCIL

SALT (newly organized in Agawam) is now in place. The officers are as follows: President, Mr. Oliver Muldrew; Vice-President, Mrs. Jessie Fuller; and Secretary, Mrs. Rita Matys.

Meetings are held at the Agawam Senior Center. Their first project on the agenda will be a survey concerning the personal safety of senior citizens and their concerns on the subject. The survey will be sent with the tax bills this year.

Representing law enforcement for the council is Officer Steve Draghetti. The council welcomes input from senior citizens at any of their meetings.

The next scheduled meeting will be held on Wednesday, October 11th, at 10:00 a.m. at the Agawam Senior Center.

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1995 Winners Of Big E's SPAM® Recipe Contest

Leo J. Maron's "Spicy Brunch Cheesecake" took top honors at The Big E's third annual Create Your Best SPAM® Recipe Contest, sponsored by Hormel Foods.

Creative cooks from four New England states and New York traveled to West Springfield, MA, for the September 18th judging at "New England's Fall Classic." Thirteen contestants submitted dishes using SPAM®, SPAM Lite®, and Less Salt SPAM® in main course, snack, and dessert creations such as "SPAM® Foo Yung," "SPAM® Boats," and "SPAM® -a-Lama Stir Fry."

Maron, a Springfield, MA, hair stylist and window dresser, was awarded a blue ribbon, a \$100 prize, a SPAM® T-shirt, and a SPAM® apron. He will advance to the national Best SPAM® Recipe Competition, where he will compete with 60 other fair winners for the grand prize of a \$2,500 shopping spree at Mall of America, plus round-trip air flights and two nights deluxe accommodations for two in Minneapolis, Minnesota.

The prize-winning "Spicy Brunch Cheesecake" featured a bread crumb crust filled with a combination of SPAM®, spinach, cheeses, and eggs, topped with a layer of cream cheese and garnished with mint and sweet red pepper strips. The dish was served with a roasted red pepper sauce.

"I worked all year developing the recipe," Maron said. "My friends ate it a dozen times, as I adjusted the ingredients until I thought it was perfect."

Second place and a \$50 prize went to Barbara Jean Todd of Greenfield, MA, whose "Specialty Spiced SPAM®" resembled a fruitcake. Todd combined SPAM® Lite, vegetables, fruit, and grains to create a one-dish meal.

"I have lost over 130 pounds during the past four years," said Todd, "and I've worked extensively with recipes to lower their fat and sugar contents. Using SPAM® Lite, I have a healthy, delicious dish that can be served at a party or from a lunchbox," she said.

Colleen T. O'Neil of Springfield, MA, won third prize and was awarded \$25 for "Lover's SPAM®," a hot or cold dip featuring SPAM®, red horseradish, cottage cheese, and sour cream.

O'Neil presented her pink-colored entry as a chilled, heart-shaped mold as well as warmed-up in a hollowed-out loaf of pumpernickel bread. O'Neil's quick blender recipe may be accompanied by crackers, biscuits, or vegetable spears.

Recipes were judged for their taste, appearance, and originality. The judges for The Big E's third annual Create Your Best SPAM® Recipe Contest were local radio station WNNZ-AM personalities Curt Hahn, Mitch Ogulewicz, and John Baibak. The judges interviewed the contestants as they sampled their creations, entertaining the crowd that gathered in The Big E's Trustees' Tent to witness the contest.

This year's first-place winner had previously won a blue ribbon at The Big E in 1994 at the Fleischmann's® Best-Ever Date Bread Competition. Fleischmann's® Yeast again sponsored a bread baking contest at The Big E on September 19th.

Cooking contests are just one type of old-fashioned fun that takes place at "New England's Fall Classic." The 74th edition of The Big E continues in West Springfield, MA, through Sunday, October 1st.

1st Place Entry:

"Spicy Brunch Cheesecake"
by Leo J. Maron of Springfield, MA

CRUST

- 2 Cups Italian bread crumbs
- 1/2 cup butter, melted
- 2 egg yolks, beaten
- 4 Tbsp. water

Place bread crumbs, butter, egg yolks, and water in a 10-inch springform pan. Mix well. With fingers, press mixture against the sides and bottom of pan, forming the crust. Bake 10 minutes at 350°F. to set crust. Place on wire rack to cool while making filling.

FILLING

- 24 Oz. cream cheese
- 1 Cup cheddar cheese, shredded
- 1 1/2 Tbsp. seed mustard
- 1 Tbsp. honey
- 2 Tsp. Worcestershire sauce
- 1/2 Tsp. nutmeg
- 1/2 Tsp. salt
- 1/2 Tsp. cayenne pepper
- 4 eggs
- 2 egg whites
- 1 12-Oz. can SPAM®, diced fine
- 1 10-Oz. pkg. frozen chopped spinach, thawed and squeezed dry
- 1/2 Cup heavy cream
- 8 Oz. cream cheese, softened and whipped, for topping
- Sweet red pepper strips and mint leaves for garnish

In a large mixing bowl, beat 24 oz. cream cheese until fluffy. Gradually beat in cheddar cheese. Add seed mustard, Worcestershire sauce, cayenne pepper, nutmeg, honey, and salt. Add eggs and egg whites one at a time, beating well after each addition. Fold in spinach, SPAM®, and cream.

Pour into cooled, prepared springform pan and bake at 350° for 1 1/2 hours. Cool on wire rack for 2 hours. Remove sides from pan and wrap in plastic wrap. Refrigerate for approx. 3 hours. Ice top with 8 oz. softened whipped cream cheese. Garnish with sweet red pepper strips and mint leaves. To serve, spoon Roasted Red Peppers Sauce onto plate and swirl in a dot of heavy cream to decorate. Place a slice of cheesecake alongside and serve at room temperature.

ROASTED RED PEPPER SAUCE

- 1 12-Oz. jar roasted red peppers
- Drain liquid from peppers. Place in blender and liquify. Strain and serve.

2nd Place Entry:

"Specialty Spice SPAM® Cake"
by Barbara Jean Todd of Greenfield, MA

- 1/2 Cup brown sugar
- 1/2 Cup white sugar
- 3/4 Cup butter or margarine
- 1 Cup jam of your choice (orange marmalade used)
- 1 Cup applesauce or canned fruit (canned fruit

- cocktail used)
- 1 Cup white or brown raisins
- 1 Can SPAM® Lite, diced
- 1 egg
- 1 Tsp. nutmeg
- 1/2 Tsp. cloves
- 1 Tsp. cinnamon
- 1 Tsp. allspice
- 1 Tbsp. cocoa
- Pinch of salt
- 2 Cups flour
- 1 Tsp. baking soda

Simmer raisins and fruit cocktail for 15 minutes and let cool. Cream butter or margarine and sugars. Add egg, fruit, jam, and all dry ingredients. Mix well. Bake at 350° for 45 minutes. A Bundt pan works well.

FROSTING

- 1/4 Cup sugar
- 1 Tbsp. butter
- 2 Tbsp. jam

Simmer ingredients in saucepan until sugar is dissolved. Spread while hot on cake. Let cool before serving.

3rd Place Entry:

"Lover's SPAM®"

by Colleen O'Neil of Springfield, MA

- 2 medium tomatoes, seeded, chopped, and drained
- 3 large scallions, chopped
- 1 10-Oz. pkg. frozen chopped spinach, drained
- 1 6 1/4-Oz. jar red horseradish, drained
- 1 8-Oz. container cottage cheese, small curd
- 1 16-Oz. container sour cream or yogurt
- 1 pkg. unflavored gelatin
- 1 12-Oz. can of SPAM Lite®

FOR MOLDED DIP

In food processor, coarsely mix all ingredients except gelatin. In saucepan, dissolve gelatin in 1/4 cup cool water for 2 minutes. Stir over heat until dissolved. Add gelatin to processed mixture and blend. Pour into heart-shaped mold. Chill until firm. Serve with crackers.

FOR HOT DIP

Mix all ingredients as above, omitting gelatin. Hollow out pumpernickel or rye bread and fill with dip. Heat thoroughly. Serve with bread, crackers, or fresh vegetable spears.

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20-Year Reunion For Agawam 1975



COMMITTEE MEMBERS who put together the 20-Year Reunion of the Agawam High School Class of 1975 on Saturday, September 23rd were, from left - Karen O'Brien, Marcia Barker, Jane Brodeur, Steve Della-Guistina, Nancy Richter, Carl Hopkins, and Pam Maule. RELATED PHOTO ON NEXT PAGE. Advertiser News photo by Jack Devine.



MEMBERS OF THE AGAWAM HIGH CLASS of 1975 who traveled the furthest to attend the 20-Year Reunion on September 23rd included, from left - Bill Lindsay, California; Jerry Boucher, Florida; Sue Pietroniro, Florida; Ron Zanotti, Colorado; and Bill Cesan, California. RELATED PHOTO ON NEXT PAGE. Advertiser News photo by Jack Devine.

Check
our
classified
pages

Clowning Around At Bethany Assembly On Friday, October 14th

Feel like clowning around? Here's your chance. Irvin D. Clown and Rosebud are in town. They have songs, games, magic tricks, and more - just to make you laugh!

It's a great time for all, and you're invited! The show will be held at Bethany Assembly of God, 580 Main Street, Agawam on Friday, October 13th (7:00-8:30 p.m.), Saturday, October 14th (10:00 a.m.-12:00 noon), and Sunday, October 15th (9:00 a.m. and 6:00 p.m.).

Senior Center's Weekly Lunch Menu

Monday, October 2nd: Grape juice, American chop suey, broccoli & cauliflower, oatmeal bread, cantaloupe.

Tuesday, October 3rd: Health Expo—roast turkey with cranberry sauce, stuffing with gravy, butter-nut squash, Canadian oat bread, blackberry cobbler.

Wednesday, October 4th: Hamburger stew (hamburger, potatoes, carrots, celery, onions), tossed

salad, whole wheat bread, canned pears.

Thursday, October 5th: Baked chicken leg, sweet potato, cabbage & carrots, pumpernickel bread, tapioca with whipped topping.

Friday, October 6th: Corn chowder, tuna fish sandwich, cole slaw, canned pineapple.

(Menu subject to change without notice.)

ADVERTISER NEWS

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...and nobody gives a hoot?

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20-Year Reunion For Agawam High Class Of 1975

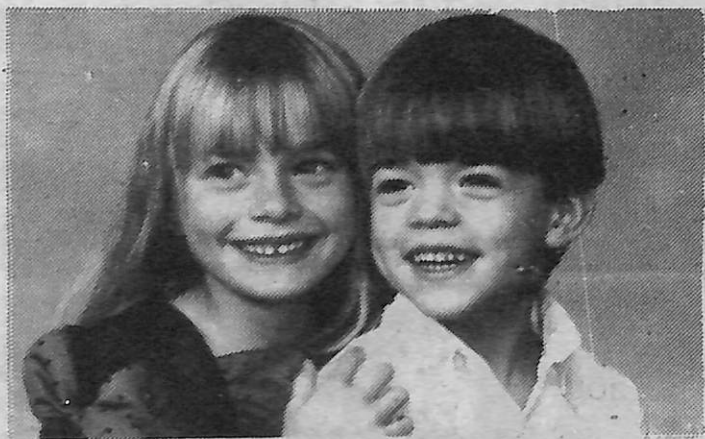


THE AGAWAM HIGH SCHOOL CLASS OF 1975 gathered for its 20-Year Reunion on Saturday, September 23rd. Everyone had a great time. For a glossy copy of the group photo, call Jack Devine at 789-0053. Advertiser News photo by Jack Devine.

ATTENTION ALL CANDIDATES: We would appreciate any press releases, letters to the editor, or political ads each Monday. We open at 6:30 a.m.

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This monthly clinic will feature free consultative services from an area physician specializing in sports medicine. We will be identifying the type of injury and will recommend the proper course of treatment.

**Beginning Monday, October 2, 1995
6:00 - 8:00 P.M.**

(Subsequent clinics will be scheduled monthly on Monday evenings October through May)

Call today and schedule an appointment...

Church News...

Our Lady Of The Lake Church To Be Host For Religious Icon

by Cheryl Bruno
Advertiser News Feature Writer

Southwick: God, in His infinite wisdom, has arranged throughout the centuries for apparitions of Jesus Christ and the Blessed Virgin to spread His message to the peoples of the world; a message of peace, unity, and oneness in the world.

In 1988, two ordinary women (who wish to remain anonymous) were singled out to see apparitions and to hear Jesus' words of His deep desire for "Unity for the World." Jesus appeared to one of the women while she was preparing dinner; an ordinary, everyday, domestic act. He appeared as "Jesus, King of All Nations" wanting His reign to be recognized on earth, and led the woman to design a medal for all to keep in reverence in order to help recognize His reign.

A four-foot by six-foot icon has been venerated all over the world. The artist's rendering of the apparition depicts Jesus Christ wearing a golden crown and His Sacred Heart bleeding on the globe with rays of light emanating from the bleeding wounds in His sacred hand. A prayer is printed below the beautifully painted image: "O Jesus, King of All Nations, May Your Reign Be Recognized On Earth"—1990. The artist also wishes to remain anonymous.

"...An Object Of Uncritical Devotion"

By definition, an icon is "an image, a pictorial representation, an object of uncritical devotion." The four- by six-foot icon of "Jesus, King of All Nations" has traveled the world and prompted deep devotion and prayer of the six different chaplets associated with the icon.

In 1990, the icon of "Jesus, King of All Nations" was brought in pilgrimage to the place at Red Square in Russia, where the great Cathedral of Our Lady of Kozan had been demolished in 1917 by the atheist rule of that time. There it was declared that Russia was under God's rule.

During His apparitions to the two women, Jesus said, "Tremendous will be the miracles of grace that I will work through this image and devotion of mine. To those special souls who honor me in this devotion, I promise to grant my kingly blessings." Jesus also pleads to the people of the world to "Turn from your perverse and evil ways! Hear Me, O peoples of earth—My reign is near at hand." Jesus continued in His 1988 apparition by asking, "Why must you be so hard of heart, so as not to reflect upon yourselves and hear the anguished cry of your God?"

Whether you are Catholic, Christian, Jewish, a non-believer, a doubter, or a skeptic, you are being invited to take advantage of, perhaps a once-in-a-lifetime opportunity, to view the incredible four-foot by six-foot icon, "Jesus, King of All Nations." Whether you be a true believer in apparitions or expect miracles, or just view the icon as a magnificent piece of art, you should not miss this opportunity.

Rev. Fr. Timothy J. Hallahan, pastor of Our Lady of the Lake Catholic Church, has accepted the responsibility of being the host parish for the icon. Assisting Father with the duties are two dedicated parishioners of great and deep faith. Mrs. Lynda Daniele and Mrs. Darrilyn Patterson spent 30 days in prayer to St. Joseph for protection in preparation for the coming of the icon. The two women will be the "Guardians of the News."

"We're very excited over this privilege," the ladies told us, "and the prayers which accompany 'Jesus, King of All Nations' are breathtaking." Lynda Daniele described being the host parish for the icon as "A chance for Our Lady of the Lake parish to grow in the community." Southwick has long been a very Ecumenical town, with all of the

churches working closely together for the spiritual betterment of its citizens.

Our Lady of the Lake has extended the invitation for all of the Southwick churches to participate in this exciting and memorable event. Southwick Congregational Church, Christ Lutheran, and Christ Church United Methodist have all accepted the offer to exhibit the icon at their services and to join the parishioners of Our Lady of the Lake for a special "Living Rosary" and veneration of the icon on Saturday, October 7th at 4:30 p.m.

First Parish In The Area

Fr. Timothy Hallahan is the first priest in our area to accept the icon into his parish. Headquarters for the four-foot by six-foot icon are located in St. Albans, Vermont, and all graces received through devotion to "Jesus, King of All Nations" are requested in writing to the Headquarters on 26 Lake St., St. Albans, Vermont 05478. Jesus tells the world, "I want to reign in all Hearts."

The following is a schedule of the icon from September 29th through October 8th, but is subject to change or addition. Anyone wishing additional information should call Our Lady of the Lake rectory at 569-0161. Please plan to take advantage of this awesome opportunity.

Schedule

Sept. 29th: Fr. Hallahan's Faith discussion at 7:00 p.m. in Fr. Shea Hall (below the church). Our Lady of the Lake.

Sept. 30th: St. Teresa's Church, Agawam, 9:00 a.m. Mass.

Oct. 1st: Christ Lutheran Church, Southwick, 9:00 a.m. & 10:30 a.m. services. Also, Holy Trinity Church, Hatfield, 2:00 p.m. Mass.

Oct. 2nd: Christ Church United Methodist in Southwick, 11:00 a.m. and 1:00 p.m. services.

Oct. 5th: Our Lady of the Lake - Bethlehem Prayer Group, 7:30 p.m. prayer meeting.

Oct. 6th: St. Francis Church, Belchertown, 12:00 noon Mass.

Oct. 7th: Our Lady of the Lake, 4:30 p.m. "Living Rosary" followed by 5:00 p.m. Mass & Veneration.

Oct. 8th: Our Lady of the Lake, 8:00 a.m., 9:30 a.m., and 11:00 a.m. Masses.

NOTE: Watch this publication for more news and photos of "Jesus, King of All Nations" Icon.

Upcoming Events At Ag. Congregational For Early October

Sunday, October 1, 1995 is Worldwide Communion Sunday. Worship Service continues at 10:30 a.m.

Rev. Curt Fuller's Sermon will be "One Community of Love throughout the Whole Wide Earth" from 1 Corinthians 12:13. The Children's Message will be given by John Hauser and his "talking pumpkin."

Church School continues, with adult and seventh through 12th grade meeting at 9:15 a.m., and Crib Room through sixth grade meeting at 10:30 a.m. during the Worship Service.

The Jr. Choir meets following the Worship Service. All children ages three to 16 are welcome to attend the choir practice. Mr. Bryan Kirby, church organist and choir director, will be leading the children's choir.

Playgroup for infants to pre-school continues every Wednesday and Thursday, from 10:00 to 11:30 a.m. Playgroup follows the Agawam School calendar for the school year.

For more information about the Playgroup, call Sue Tapply at 786-1430 or the church office at 786-7111.

The Midweek Service is held each Wednesday at 7:00 p.m. This service is a half-hour, informal Worship Service with hymns, prayers, and communion.

A New Member Class for all persons wishing to join the church will begin on Wednesday, October 4th, at 7:35 p.m. The three-session class will inform people of the church's ministries, committees, boards, activity groups, and general information about the United Church of Christ.

The second and third sessions will be held on October 11th and October 25th. For more information, call the church office at 786-7111.

HEAR YE! HEAR YE! A Country Style Chicken Supper will be held on Thursday, October 19th, with continuous sittings from 5:00 to 6:30 p.m.

The menu will include chicken with biscuits, mashed potatoes, squash, cole slaw, cranberry sauce, beverage (coffee, tea, or milk), and homemade apple pie for dessert. Adults are \$7.50, seniors will receive \$1 off, and children under 12 years of age are \$4 each.

For reservations, call Carolyn Mosher, 786-6954, or the church office, 786-7111. Reservations close Tuesday, October 17th; please call if you have to cancel your reservation.

Harvest Smorgasbord At Agawam Baptist Church On October 7th

A Harvest Smorgasbord, with all the foods associated with the fall season, will be served to the public by the Agawam Baptist Church on October 7th.

There will be servings at 4:45 and 6:15 p.m. Reservations can be made by telephoning 786-8209, 786-0337, or 786-8285. If you have made a reservation and cannot attend, you are asked to call and cancel.

The church is located at the corner of Main and Elm Streets.

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Serving The Agawam Area For 14 Years

Church News - continued...

Timeless Truth
For Today...

by Roger Martin, Pastor
Agawam Church
Of The Bible
(786-7908)

What's Mine Is Yours

The story is told of a woman who took a break from her shopping for some coffee and cookies at a cafe in the mall. She sat in an unoccupied seat across from a man who was reading a newspaper.

She took a sip of coffee and reached for a cookie, only to see the man across from her reach over and take a cookie as well. She glared at him, he returned a smile, and they both continued reading.

A couple of minutes later, she reached for another cookie just as the man also took one. Quite angry, she then stared at the one remaining cookie. At that moment, the man took the cookie, broke it in half, and offered her a piece.

She angrily grabbed it and stuck it in her mouth, as the man across the table smiled, rose, and left. Her break now ruined, the woman angrily opened her purse to put her magazine away, only to see her bag of cookies, untouched.

Have you ever made the same kind of mistake, like taking someone else's suitcase from the airport, or starting to get into a car that looks just like your own?

It is embarrassing enough when you discover what you've done, and even more embarrassing if someone else realizes your mistake. It's not something you want to make a habit of.

Do you realize, however, that when we treat our lives and bodies as if they are our own, we make the same mistake? The Bible is clear that all things, including us, were created by God and for Him (Colossians 1:16). The truth is that our lives belong to the smiling Father sitting across the table Who willingly "shares" it with us.

God, however, is often viewed as an uninvited intruder rather than the generous owner. Frankly, the most serious sin that we can commit is to deny God his rightful leadership of our lives. That is the sin from which we are called to turn and for which Jesus died.

If we confess that sin to Him, he is "faithful and just, and will forgive us our sins..." (1 John 1:9, NIV). Simply give back to God what He has generously shared with you.

Ag. Congregational
Plans Chicken Supper
On Thursday, Oct. 19th

The Agawam Congregational Church will hold a country style chicken supper on Thursday, October 19th with continuous sittings from 5:00 to 6:30 p.m. at the church, 745 Main Street, Agawam.

The menu will include chicken with biscuits, mashed potatoes, squash, cole slaw, cranberry sauce, coffee, tea or milk, and homemade apple pie.

The cost is \$7 for adults, \$4 for children under 12, and a senior special of \$1 off the ticket price.

For reservations, call Carolyn Mosher at 786-6954 or the church office at 786-7111 by Tuesday, October 17th.

News & Notes From
F.H. Congregational

"The Meaning of Communion" will be the title of Rev. Donaldson's sermon this Sunday. Please join us for worship at 21 N. Westfield Street in Feeding Hills.

Sunday School begins at 9:00 a.m., as does the Adult Bible Literacy Class. A Service of Holy Communion begins at 10:00 a.m.

Children are encouraged to attend with their parents. Nursery care is provided.

Come welcome the Aguayo family from Chile who will be visiting us here at Feeding Hills Congregational Church on Saturday, October 7th.

Rev. Oscar Aguayo, his wife, and their children have travelled to Massachusetts to spread the word of the mission work being done in Chile and, with the aid of an interpreter, will be sharing their stories and experiences with us.

We will be hosting a covered-dish dinner in Griswold Hall at 6:00 p.m. on Saturday, October 7th. Please sign up to bring a covered main dish, salad, or dessert.

Reservations would be appreciated; please contact the church office at 786-5061.

The Youth Group will meet at the church on Saturday, September 30th, from 1:00 to 5:00 p.m. Preparations are being made for the Halloween Party to be held on Sunday, October 29th.

Then, on Sunday, October 1st, at 1:30 p.m., they will gather to make their monthly visit to the Springfield Rescue Mission. The young people will help prepare and serve dinner as well as visit with the people at the Mission.

It's not too late to stop by and join us for a delicious meal at the Big E, but time is running out!

The last day of the Big E is Sunday, October 1st. You can enjoy your specially prepared dinner at the Meeting House on the Green by Storowton. Plan to get there early so you won't have to wait in line!

The annual CROP Walk to raise money to fight hunger will take place on Sunday, October 22nd. We need many volunteers to help this year to reach our goal of 500 walkers. A portion of the money raised is given to the West Springfield/Agawam Open Pantry.

Please call the church office at 786-5061 for more information, or speak to Rob Donaldson or Bob Broga in church on Sunday.

On the calendar this week:
September 30th: 1:00 to 5:30 p.m., Youth Group.
October 1st: 9:00 a.m., Sunday School/Adult Bible Literacy; 10:00 a.m., Communion Service; 1:30 p.m., Youth Group to Springfield Rescue Mission; Big E ends!

October 2nd: 7:30 p.m., Trustees.
October 3rd: 7:00 p.m., A.A.
October 4th: 7:00 p.m., Choir; 7:30 p.m., Finance; 8:00 p.m., A.A.
October 6th: 7:00 p.m., Radio Club.
October 7th: 6:00 p.m., Supper with Aguayo Family.

You turn our pages
for all the local news
ADVERTISER NEWS

Agawam/West Spfld.
CROP Walk To Be
Held October 22nd

It is our pleasure to invite you to participate in this exciting community event, the 17th annual CROP Walk. Agawam and West Springfield have chosen Sunday, October 22nd, as the date for this year's Walk, which will begin at 2:00 p.m.

Registration begins at 1:00 p.m. at the Agawam Methodist Church, 459 Mill Street in Agawam. This will coincide with the Greater Springfield CROP Walk. Our goal this year is for 500 walkers.

Each walker will have a sponsor sheet and ask relatives, friends, and neighbors for donations. All Agawam and West Springfield churches have "walker" forms.

If you are not affiliated with a church and would like more information, please call either the Agawam Coordinator, Bob Broga, at 786-7720, or the West Springfield Coordinator, Rev. Evelyn Lavelli, at 734-1290.

The CROP Walk for the Hungry raises funds to fight hunger around the block and around the world. Of the money raised, 25 percent goes to the local hunger-fighting agency (for us, the West Springfield/Agawam Open Pantry), while 75 percent is used to fight hunger globally and respond to disasters both within and outside the United States.

Last year's Walk raised \$9,580. Of that, \$2,395 went to the Open Pantry.

Won't you please accept our invitation to help others less fortunate by walking with us?

(This article is from Rev. Evelyn Lavelli of the Mittineague Congregational Church. If you have a question, she may be reached at 734-1290.)

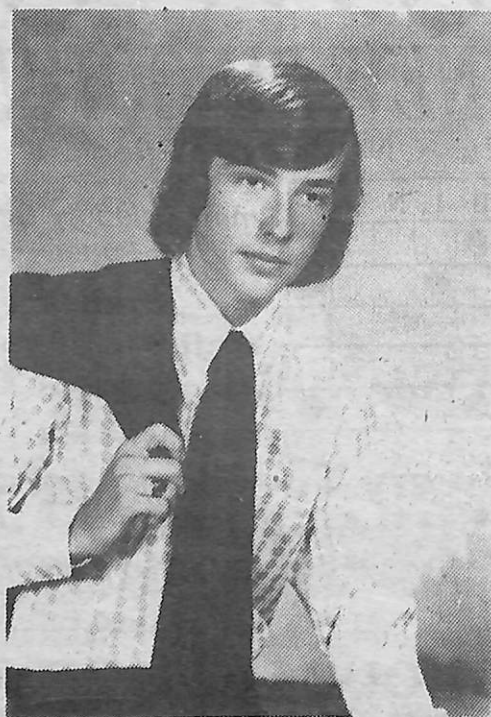
St. Joe's Polish Church
Has Big Craft Fair
In Westfield Oct. 28th

St. Joseph's Polish National Catholic Church at 73 Main Street in Westfield is planning its second annual craft fair on Saturday, October 28th from 10:00 a.m. to 4:00 p.m.

To receive an application and further information, please call Kathy Taylor at (413) 562-3067.

The deadline for application is September 30th.

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Church News - continued...

Bishop In Town



BISHOP THOMAS DUPRE of the Springfield Diocese recently paid a visit to Country Estates Rehab & Elderly Care Facility on Suffield Street to say Mass. The Bishop visited with staff and residents after the Mass. Advertiser News photo by Jack Devine.

Adoration Society To Meet Oct. 6th At St. John's

The Nocturnal Adoration Society of Agawam and West Springfield will meet at Saint John's Church, Main Street, Agawam, to conduct and pray The Office of The Blessed Sacrament, Friday, October 6th from 7:00 to 11:00 p.m. All are invited to come and spend an hour in Eucharistic Adoration.

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Ordinance Of Communion To Be Observed At Ag. First Baptist Church

The ordinance of communion will be observed this Sunday morning at the 9:30 a.m. worship service at First Baptist Church.

Two new adult classes will be in session at 10:30 a.m. They are "Nuts and Bolts Christianity," a class led by Pastor Richard Barnes dealing with Baptist beliefs and practices; and "When God Whispers in Your Ear," led by Everett Hodge.

Classes for all ages will be held as usual. During the month of October, opportunity will be provided to contribute to the 1995 World Mission Offering. Parishioners are invited and encouraged to support this offering by participating in this effort.

Also on our calendar this coming week:

Sunday, October 1st: 7:00-8:30 p.m., Jr. High

Youth Meets

Monday, October 2nd: 3:00-9:00 p.m., Photo sessions for pictorial directory; 7:30 p.m., Amicitia Circle meets; 7:30 p.m., Sunshine Circle meets.

Tuesday, October 3rd: 1:15 p.m., EZ Does It Aerobics Class; 3:00-9:00 p.m., Photo sessions for pictorial directory; 7:30 p.m., Church Committee meets.

Wednesday, October 4th: 7:15 a.m., Mid-Week Prayer Time; 10:00 a.m.-6:00 p.m., Trading Post Open

Thursday, October 5th: 1:15 p.m., EZ Does It Aerobics Class; 7:30 p.m., Choir Rehearsal; 7:30 p.m., Nuts & Bolts Christianity Class.

Plan now to attend our all-church hymn sing on Sunday evening, October 29th. It will be a special event.

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5 Lbs. Or More	\$1.79 Lb.
10 Lbs. Or More	\$1.59 Lb.
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Whole Butt Tenderloins	\$3.99 Lb.
Skinless & Boneless Chicken Breast (10 Lbs. Or More)	\$2.39 Lb.

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Land O' Lakes White American Cheese	\$2.89 Lb.
Russer German Bologna	\$1.19 Lb.
Russer Virginia Baked Ham	\$2.99 Lb.
Deutscher Polish Loaf	\$2.39 Lb.
Thumann's Gourmet Turkey Breast	\$4.99 Lb.
Fresh Seafood Salad	\$3.99 Lb.
S & R Provolone Cheese	\$2.99 Lb.

DAIRY

Sweet Life 1% Low Fat Milk (Gallon)	\$1.99
Hood Half & Half Cream (Quarts)	.99¢

SEAFOOD

Scrod Fillet	\$2.99 Lb.
Alaskan King Crab Legs	\$9.95 Lb.

PRODUCE

Acorn & Butternut Squash	25¢ Lb.
Super Select Cucumbers	25¢ Each
New Florida Pink Grapefruit	2 For \$1.00
Bananas	39¢ Lb.

TUESDAY & WEDNESDAY SPECIAL

Land O' Lakes White American Cheese	
Un sliced Whole 5 Lb. Loaf	\$9.95
Sliced	\$1.00 Extra

*** New Item ***

Interstate Gourmet Coffee Beans (Ground Fresh)	\$6.79 Lb.
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*** Valid October 2nd-7th ***

Jack's Scented Candles (16 Oz. Jar Or Larger)	\$1.00 Off
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Spotlight On Business

Agent Of The Month



NANCY J. BRITT has been named as "Agent of the Month" for August by George & Green Real Estate Company, headquartered at 770 Main Street, Agawam Center. Advertiser News photo by Jack Devine.

Please remember that our deadline is every Tuesday at noon. We open at 6:30 a.m. Thanks.

Century 21

by
John Schuler
Real Estate
Consultant



Newschu Real Estate, Inc.
20 Southwick Street, Feeding Hills

Why Not Consider A Real Estate Career?

Have you given any consideration to a career in real estate? What can a career in real estate offer you? Although they vary, based on each individual's situation and needs, a career in real estate can offer the following:

Unlimited Earning Potential: Your earnings are only limited by the effort that you are willing to put into the business. Real estate salespersons are normally independent contractors, therefore, there are no restraints on the amount of time, effort, and resources utilized to be successful (except those limited by law).

Flexible Work Schedule: Typically, you can set your own hours, unlike 9:00 to 5:00 jobs, and there are no time clocks. Most successful sales associates work an average of 40 hours per week, which allows them flexibility, time to spend with their family to handle personal needs or run errands.

Residential Sales Up 30 Percent For Keenan & Molta Associates Realty

Second quarter sales for residential properties at Coldwell Banker Keenan & Molta Associates were up approximately 30 percent over the first quarter of 1995 according to Robert Molta, president of the company.

There has also been a significant increase in total number of listings and sales.

Security: Real Estate sales can be practiced anywhere in the country, and there is no lack of work because there is a constant demand for the product and services. There are no forced moves, retirements, or layoffs.

Control: You control your own level of success and income by the commitment you make to your work. If you are committed to quality service by caring and delivering what you promise, you will be successful and in control. You are the only one that controls your income and the hours you work. You also control the amount of time that is required to learn the skills necessary to achieve success.

Growth: A career in real estate offers you the opportunity to learn new skills and sharpen your current skills. The training that is available will increase your knowledge and skills in selling, financing, investing, leadership, management, and communications.

Rewards and Recognition: Rewards can be tangible or intangible. A reward for being the top selling or listing agent and receiving a plaque is very comforting; however, helping buyers find the home of their dreams and assisting them throughout the transaction from your first meeting to closing the home purchase can be very satisfying. Being recognized by family members, friends, and the general public as a professional real estate salesperson is also very rewarding.

It adds up—if you are looking for a change, for a special opportunity to be compensated in direct proportion to your efforts, for a unique opportunity to be the best you can be—then you should consider a rewarding and exciting career in real estate.

(John Schuler is the broker/owner of CENTURY 21 Newschu Real Estate, Inc., located in the Crossroads Shoppes, Feeding Hills Center [413-789-1117]).

Consumers continue their interest in buying and selling homes, reflecting confidence in the local economy plus very favorable interest rates.

There are five offices serving the Greater Springfield Area. For local information, call the Agawam office at 789-9890. Anyone relocating to another area can be referred to one of 2,300 Coldwell Banker offices in North America.

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Spotlight On Business - continued...

Top Maintenance Employees At Riverside



OVER AT RIVERSIDE PARK, T.C. Freeman (left in both photos), director of Maintenance and Loss Prevention, congratulated employees Dan Makowski and Arlene Swenor for their outstanding contributions in keeping the department up and running smoothly. Advertiser News photos by Jack Devine.

Kidder Stacy Announces Ratification Of Five-Year Contract With Employees

Kidder-Stacy, Inc., located at 270 Main Street, Agawam, has announced the ratification of a new collective bargaining agreement between the Company and members of its union (I.U.E. Local 221). The members voted 55-15 to accept a five-year contract at a ratification meeting held on September 13th.

The new contract paves the way for a buyout of the Company by a Kidder management group. The buyout is the culmination of a long-term plan by Motter Printing Press Co. of York, Pennsylvania, to divest itself of Kidder in an orderly fashion.

The agreement to purchase the Company included a stipulation that a long-term contract

would be required to stabilize labor cost and other issues. Local No. 221 President Bill Pooler, Vice-President Mike Murty, Frank Gramolini, Tom Connelly, and Past-President Bob Provost worked directly with the new management group to meet mutual goals that will help move the new Company forward.

The transfer of ownership to the local management group is expected to take place within the next month. The new Company will be named Kidder Inc., and lists Tom Trant, Chuck Rae, Harris Barnard, and John Rico as officers of the new corporation.

The anticipated purchase of the Company should mean the retention of approximately 150 manufacturing jobs in the area. In view of the

numerous manufacturing companies that have closed or moved from the area, Kidder employees are upbeat about having the opportunity to be part of "one of the companies that stayed."

The Company's strong backlog, coupled with joint effort between management and labor to meet common goals, heralds a new era for the area's third oldest company which was established in the mid-1800's.

Kidder manufactures flexographic printing presses for the flexible packaging market which includes snack food packaging, folding cartons, paper cups and plates, and multiple wall board packaging.

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For Your Health



IN PHOTO LEFT, Drs. Joseph & Katherine Schlaffer of Schlaffer Chiropractic on Shoemaker Lane recently attended a historic symposium on the 100-year anniversary of the birth of chiropractic care. In photo left, Drs. Schlaffer are pictured with a man dressed as Daniel David Palmer, the founder of chiropractic care 100 years ago. IN PHOTO RIGHT, Drs. Schlaffer are pictured under the 100th Anniversary Banner.



Drs. Joseph & Katherine Schlaffer Attend 100th Anniversary Of Chiropractic Care

Chiropractic, the profession that started with one man in a Mississippi river town and grew to become the third largest health care profession in the United States, is celebrating its 100th anniversary this fall.

Drs. Joseph and Katherine Schlaffer, Agawam chiropractors, joined thousands of chiropractors from around the world for a historical symposium commemorating the birth of chiropractic.

Largest Drug-Free Providers

Chiropractors do have plenty to celebrate. "Today, chiropractic boasts more than 50,000 doctors, 15 to 20 million patients, 100 state, regional, and national professional associations, and 17 colleges in the United States alone," said Dr. Schlaffer.

Chiropractic is now the largest non-invasive, drug-free health care profession in the United States. And numerous studies have shown that chiropractors offer effective care for back pain. In 1994, the US Agency for Health Care Policy and Research released guidelines recommending

spinal manipulation over traditional medical treatments for acute low-back pain.

William Holmberg, D.C., president of the Chiropractic Centennial Foundation was equally excited. "Our profession has reached a milestone in its history," he said. "The chiropractic profession has reached its finest era."

Chiropractic was discovered in September 1895 by D.D. Palmer, D.C., in Davenport, Iowa. Palmer started the first chiropractic school, and his discovery has revolutionized health care ever since.

Drs. Schlaffer stated it was inspiring to see that many doctors of chiropractic together celebrating the inception, historical development, and future of the chiropractic profession. Drs. Schlaffer have practiced chiropractic in Agawam for over 15 years. Their offices are located at 192 Shoemaker Lane.

Sibling Class At Providence Hospital On October 9th

The Center for Women's Health at Providence Hospital will conduct a Sibling Class October 9th, 5:45-6:45 p.m., in room 115 of the Catherine Horan Medical Building.

The program, aimed at children ages three to 10, is designed to prepare big brothers and sisters-to-be for the arrival of a new baby. Instructor Madeline Boland, R.N., I.B.L.C., uses storytelling, role-playing, and life-sized dolls, and allows ample time for questions and answers.

Cost is \$10 per family (sliding scale available); advance registration is required. For more information, call (413) 539-2950.

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For Your Health - continued...



Food for Thought

by Nancy Dell
Registered Dietician

Cooking Meat Lean 'N Tender

For anyone who has served a tough tenderloin, chapped chop, or charred chicken breast, listen up. Lean cuts of meat can be as tasty as their higher-fat counterparts if prepared properly.

Many people are buying leaner cuts of meat because they are trying to reduce fat from their diets and still keep variety in their menu. Beef, pork, lamb, and veal, as well as chicken and fish, can add great-tasting variety to a low-fat diet.

Leaner cuts of beef include the loin and the round; for pork, it's the loin and the leg. Because these cuts are lower in fat, proper seasoning and cooking methods can help ensure they are tender and flavorful when served.

Marinades and dry seasoning rubs add flavor, and if the marinade has an acidic ingredient such as lemon juice or wine, it will help tenderize your meat.

If you're marinating for flavor, 15 minutes to two hours is ample time; but, if tenderizing is your goal, you should marinate at least six hours but no more than 24 hours since meat fibers may break down, resulting in a mushy texture. All meats should be marinated in the refrigerator.

Flavorful dry rubs include herbs and spices and are rubbed on the outside of the meat before cooking. If you're using salt, however, wait until

after the meat is cooked. Salting uncooked meat draws out flavorful juices, making meat dry.

Next, there are two cooking methods to consider: dry or moist heat. Dry heat—such as roasting, broiling, grilling, panbroiling, and stir-frying—is usually used to cook tender cuts of meat and leaner cuts that have been tenderized by marinating or pounding. Fish and loin cuts of meat and chicken also do well in dry heat methods.

Moist heat methods involve cooking meat in a liquid, including braising, stewing, poaching, and steaming. The steam produced in this cooking method helps tenderize less tender cuts of meat. Beef, chicken, and fish are often cooked using these methods.

Knowing which cooking methods to use can make all the difference in the flavor and tenderness of the meat. So, you can have your meat, great flavor, and good health, too.

RUB RECIPES

— Lemon-Rosemary Rub —

(Preparation time: 5 minutes)

- 1½ teaspoons grated lemon peel
- 1 teaspoon dried rosemary leaves, crushed
- ¼ teaspoon each salt, dried thyme leaves, and coarse grind black pepper.
- 2 large garlic cloves, minced

Combine all ingredients. Store in an airtight container. Shake before using to blend. Makes enough to season 2 pounds of meat.

— Southwestern Rub —

(Preparation time: 10 minutes)

- 1½ teaspoons chili powder
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano leaves, crushed
- ¼ teaspoon ground cumin

Combine all ingredients. Store in an airtight container. Shake before using to blend. Makes enough to season 2 pounds of meat.

(Use rubs on tender cuts of meat to add flavor. To apply the rub, simply cover the outside surface of the meat with the seasoning blend prior to cooking. Flavors usually become more pronounced the longer the seasoning mixture is on the meat.)

MARINADE RECIPES

(Remember: always marinate in the refrigerator)

— Barbecue Marinade —

(Preparation time: 10 minutes)

Cooking time: 6 to 7 minutes)

- ½ cup chopped onion
- 1½ tablespoons packed brown sugar
- 1 tablespoon vegetable oil
- ⅓ cup each cider vinegar and catsup
- 1 tablespoon each prepared horseradish and water
- ½ teaspoon coarse grind black pepper

Cook onion and brown sugar in oil in small saucepan over medium heat until onion is tender, about 3 minutes. Add remaining ingredients and continue cooking over medium heat 3 to 4 minutes, stirring occasionally. Remove from heat; cool thoroughly before adding to meat or poultry. Makes about ¾ cup.

— Lemony Oriental Marinade —

(Preparation time: 10 minutes)

- ¼ cup fresh lemon juice
- 3 tablespoons chopped green onion
- 1½ tablespoons each reduced-sodium soy sauce and vegetable oil
- ¾ teaspoon grated fresh ginger
- ¼ teaspoon crushed red pepper pods

Combine all ingredients, stirring until well-blended. Makes about ½ cup.

(Allow about ¼ to ½ cup marinade for each 1 to 2 pounds of meat. Turn meat occasionally during marinating so that all sides are equally exposed to the marinade. For flavor only, marinate for 15 minutes or as long as 2 hours; for tenderizing, at least 6 hours. Remaining marinade may be brushed on the meat during grilling, or used as a sauce provided it is brought to a rolling boil for at least one minute prior to serving.)

Nancy Dell, MS, is the Media Representative for the Western Mass. Dietetic Association and a Registered Dietitian with a private practice in Feeding Hills. She can be reached at (413) 786-2957.

Family Health Expo At Senior Center On Tuesday, October 3rd

You are invited to attend the Family Health Expo which is going to be held on Tuesday, October 3rd, at the Agawam Senior Center, 68 Meadowbrook Manor (off Wright Street), Agawam, from 10:00 a.m. to 3:00 p.m.

Admission is free and there will be many giveaways, free raffles, and door prizes throughout the day.

The list of Health Providers, screenings, services, and information is as follows:

Agawam Council on Aging, information; Agawam Medical Supply, display of home health care & equipment; Agawam Health Dept., blood sugar screenings; American Lung Assoc., information and tests; Arthritis Treatment Center, information; Arthritis Foundation, examination of hands; Benjamin Dickert, DPM, foot screenings; Carole J. Handler, Rieki demonstration, hypnosis demonstration; Country Estates of Agawam, blood pressure screenings.

Also, David J. Pierangelo, MD, arthritis screenings; Fitness First, fitness tests; Frances Kelly Massage Therapy, Inc., 10-minute massages; Genesis Health Ventures, information; Genesis Center for Health & Rehab., demonstration of self care adaptive equipment; Greater Springfield Senior Services, Inc., cooking demonstration; Home Care PRN, blood pressure screenings; Interim Health Care, information; James S. Rosenthal, MD, eye screening.

Also, Jewish Nursing Home, information; Mass. Assoc. for the Blind, information and demonstration; Mass. Prevention Center, information; Mercy Hospital Mobil Hearing, hearing screenings; Mercy Hospital Pulmonary Lab, pulmonary screenings; Michelle B. Callento, information on psychotherapy; Noble Hospital, cholesterol screenings (\$3 charge); Riverdale Gardens Nursing & Rehab Center, Chestnut Hill Rehab & Nursing Center & Mary Lyon Nursing Home, information; SHINE (Serving Health Information Needs of Elders), information; Schlaffer Chiropractic, posture analysis; Senior Class at Baystate Medical Center, information; Sisters of Providence Health Systems, information; Weldon Center for Rehab at the Mercy, driving test; Weldon Adult Social Day Care, information.

Every one who attends is entitled to a number for a door prize, but must be in attendance to receive the prize or another number will be picked.

Join the COA for its eighth annual Health Expo and take advantage of the hundreds of dollars worth of free services.

Medical Update: "The Lower Back"

Find out more about the ways to treat your lower back problems!

Day: Thursday, October 5, 1995
Time: 7 - 8:30 pm
Topic: "Care For The Lower Back"
Where: Fitness First
60 North Westfield St.
Feeding Hills, MA
413-786-1460

Presenters:

Dr. Thomas Kaye, Neurosurgeon

Dr. Tamt Nelson, Chiropractor

Ms. Tina Therlen, B.S., Certified Personal Trainer

About the subject matter: About 80% of the American population has had or will have back pain! This will be an opportunity for members of the community to learn more about what can be done to help the lower back. If you are able to do some light stretching, please dress comfortably as Tina will be demonstrating some very effective stretches for those that want to participate.

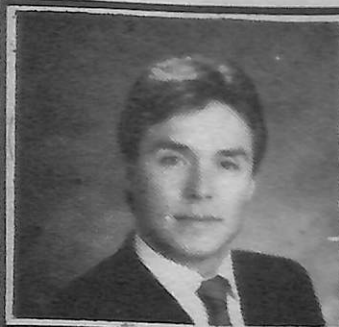
There is a \$3 fee per person (to be donated to a charity). Seating is limited.

Please call 786-1460 to reserve your seat.



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For Your Health - continued...

**Your Back And Your Health**

by Dr. Joseph
S. Schaffer
Schaffer
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192 Shoemaker Lane
Agawam

A recent column of mine covered chiropractic treatment relative to the rough sport of football. Subsequently, I began hearing comments about equal time for another sport. A sport that enjoys participation by both sexes and may very well be the most played sport in Agawam. That sport is SOCCER. But how tough can soccer be, especially when compared to football?

Very tough! Bodies hurdle through the air as players trip over extended legs, all hoping to make contact with the ball. Oh, that elusive little ball. Powerful kicks meant for that ball often find a mark on someone's shin, knee, hip, back, or even their head! Yes. And the lucky goalie, who gets to pick up the ball with his/her hands. Well, not all players are polite enough to stop kicking, even though the goalie has possession of the ball. Ouch! Does anyone have a helmet with a face mask?

But wait! Not the girls! They can't be that rough, can they? Oh, yeah? Go watch a girls' soccer match at any age level and you will change your mind. A conversation with a veteran player on the high school varsity team told of numerous broken bones, torn ligaments, multiple concussions, sprains, strains, and collisions the players may experience.

As chiropractic physicians, our interest in this sport goes beyond the competition when there is an injury, or the possibility that one has occurred.

When the body is struck or badly jarred, bones of the spine and pelvis can be misplaced. If one or more of these bones is even slightly out of line, it can mean pressure on the nerves inside the spine and result in a variety of problems, including neck or back pain, arm/leg pain or numbness, headache, and abnormal nerve function.

It may result in spinal curvature, which can be detected with x-ray.

No soccer injury should be forgotten until after a chiropractic examination.

Soccer is certainly a growing sport that should be enjoyed to the fullest by those playing this game. Has a past injury resulted in a problem that should be investigated? The Schaffer Chiropractic Office at 192 Shoemaker Lane emphasizes the health of Agawam's athletes and is well equipped to examine and treat those who have been injured. Call us at 789-1369.

Arthritis Support At Elks Lodge On Oct. 3

The Springfield Area Arthritis Support Group will hold their monthly meeting on Tuesday, October 3rd at 7:00 p.m. at the Springfield Elks Lodge No. 61, 440 Tiffany Street, Springfield.

Frank Campbell, Field Rep. in Social Security Administration, will speak on "Updating the Changes in Social Security."

Arthritis Support Groups invite people with arthritis and their family and friends to share common concerns and become better informed about this disease. Groups meet once a month, are led by trained volunteers, and are sponsored by the Arthritis Foundation Massachusetts Chapter.

Programs are free and open to the public. There is convenient parking and refreshments are served.

Depression Screening At Noble Hospital On Thursday, Oct. 5th

Community members have an opportunity to learn about the signs and symptoms of depression and can participate in a free screening. The Fowler Wing of Noble Hospital is offering a free program as part of National Depression Screening Day, Thursday, October 5th.

The program will be offered at 9:30 a.m. and at 1:30 p.m. in the hospital Auditorium A.

The Fowler Wing of Noble Hospital is an acute psychiatric unit designed to treat patients who need intensive psychiatric care in a hospital setting.

National Depression Screening Day, which highlights Mental Illness Awareness Week, last year attracted nearly 32,000 people to 435 sites across the country.

Participants at the screening will hear a brief talk on the causes, symptoms, and treatments of depression followed by a short video. Individuals will complete an anonymous self-inventory of depression symptoms and have the opportunity to discuss the results with a mental health professional. Mental health professionals from the Westfield Area Mental Health Clinic will assist the Fowler Wing staff in providing the one-to-one screening.

Depression strikes 15 million Americans each year, according to the figures from the National Institute of Mental Health. Only one in four individuals with depression, however, actually seeks treatment even though treatment can help 80 percent of those affected.

"There are many undiagnosed depressed individuals - our goal is to provide an easy, risk-free and anonymous way for people to be screened for this debilitating disease," said Edward Ballis, M.D., medical director of the Fowler Wing.

National Depression Screening Day is sponsored nationally by the American Psychiatric Association, National Institute of Mental Health, Harvard Medical School Department of Psychiatry, National Mental Health Association, and the National Depressive and Manic Depressive Association.

Registration is necessary for the free program as space is limited. To register or for more information, call the Fowler Wing at 568-2811, ext. 5550.

Living With Diabetes At Mercy Hospital

Spend four hours learning to live with diabetes. The "Diabetic Survival Program," conducted by the certified diabetic educators of Mercy Hospital and Providence Hospital, is slated for October 4th, 5:00-9:00 p.m., in the Deliso Conference Center at Mercy Hospital.

The "Diabetic Survival Program" alternates between hospitals, and offers a streamlined alternative to the week-long diabetes education programs offered monthly at each site.

Topics will include an introduction to diabetes; medication; meal planning and the diabetic diet; and complications related to diabetes. The free class is open to diabetics, their families, and friends.

For more information on diabetes education programs, call Mim Sheehan, R.N., M.S.N., C.E.T.N., at Mercy Hospital, (413) 748-9024; or Mary Ellen Strzempko, R.N., C.D.E., at Providence Hospital, (413) 539-2938.

**Check our
classifieds**

Domestic Violence To Be Discussed At Baystate Medical

The growing problem of domestic violence will be the subject of several free programs open to the public at Baystate Medical Center during Domestic Violence Awareness Month in October.

Each year throughout the United States, hospitals see more than 28,000 emergency department visits as a result of family violence.

"This August, Baystate Medical Center's Family Advocacy Center received 20 referrals from its Emergency Department," said Irene Woods, L.I.C.S.W., director of Baystate's Family Advocacy Center.

To increase the awareness of health care professionals and the public in identifying victims of domestic violence, the hospital will offer a free showing of the Academy Award-winning documentary, "Defending Our Lives," Monday, Oct. 2nd from 3:00-4:30 p.m. in the Stockbridge Room on the second floor of the Centennial Building. The film focuses on the stories of eight women, some of whom are still serving time in the Massachusetts Correctional Institution in Framingham for killing their batterers.

Other activities during Domestic Violence Awareness Month include a free lecture, October 3rd, on "Dynamics of Domestic Violence." The one-hour program from 9:00-10:00 a.m. will focus on identifying victims of domestic violence and the resources available for those who have been abused.

Also, on October 4th from 3:00-4:30 p.m. in the hospital's Auditorium I on the third floor of the Centennial Building, Massachusetts State Trooper Marie Kenney will offer a free lecture on Health Care Interventions for Domestic Violence.

Both lectures will offer Continuing Education Units for nurses.

For more information on the lectures or film, call Woods at 784-5552.

Childbirth Education At Providence Hosp. Starts October 16th

The Center for Women's Health at Providence Hospital will offer three childbirth education courses in October.

A series of Monday evening courses begins October 16th from 7:00-9:00 p.m. and continues through November 27th; the Tuesday series begins October 24th, 7:00-9:00 p.m., continuing through December 5th.

A two-week refresher course will be conducted Fridays, 6:30-9:30 p.m. beginning October 10th. All classes meet in room 115 of the Catherine Horan Medical Building at the hospital.

The programs help prepare expectant parents for the birth of their baby, providing information on the physical and emotional aspects of pregnancy, labor, delivery, and baby care. Relaxation and breathing techniques will be explored in depth; a tour of the Family Birthplace is also offered.

Registration is required. For more information, call (413) 539-2950.

All the local news

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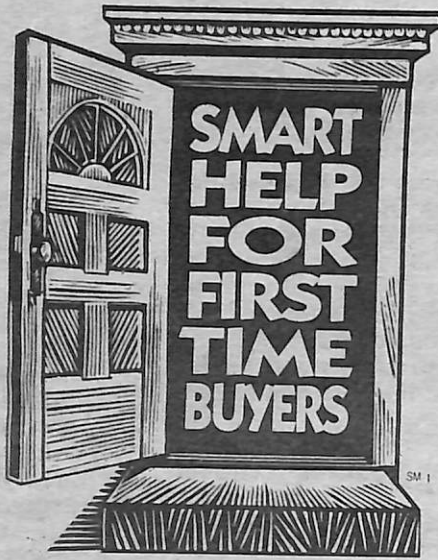
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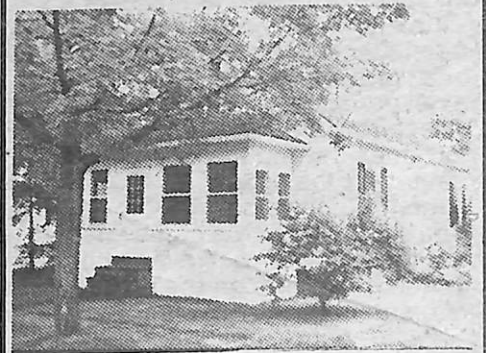
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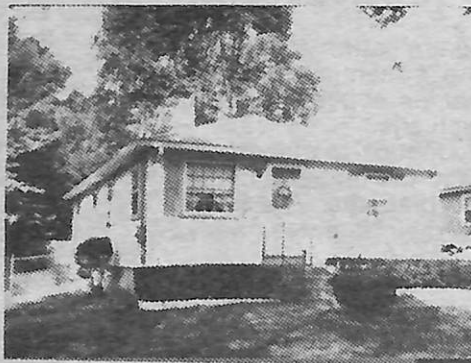
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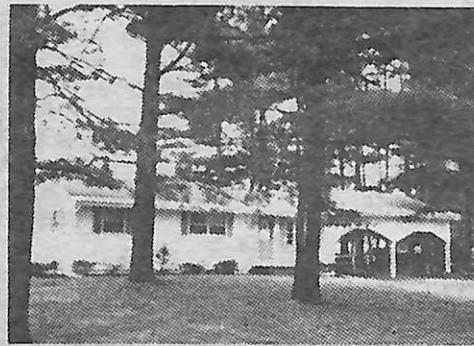
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by
Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

About Back Pain

Approximately 80 percent of Americans have experienced low back pain at one time or another. There are many different reasons for low back pain. It may be due to muscular strain, muscle weakness, disc problems, or joint dysfunction, referred pain from the ovaries, uterus, bladder, kidneys, pancreas, prostate, vascular problems, spinal diseases, and many others.

At our office, we have seen people who have had low back pain for days, months, weeks, and years. The pain has varied from dull and achy to sharp and stabbing. It is important to be diagnosed when experiencing low back pain. This includes a thorough history, examinations, x-rays, and possibly other diagnostic tests, including lab work, MRI, or CT scan.

The unique aspect that a chiropractor offers is a complete spinal exam. This examination observes how the spine is moving globally, and also how each vertebrae in the spine functions. There are 24 movable bones (vertebrae) in the spinal column. Each one should move in all the different ranges of motion: flexion (front), extension (back), lateral flexion (side), rotation (twist/turn).

A "fixation or subluxation" is when a joint does not move or function properly. This results in the nervous system not functioning well, due to the fact that spinal nerves exit via the spinal column. Many low back conditions are due to the joints in the low back not functioning properly. This can result in "sciatica" or pain in the leg due to nerve irritation.

If you are experiencing low back pain, get a thorough examination at Hampden County Chiropractic. Our office is located at 850 Springfield Street, Feeding Hills.

If you would like to know more about low back pain, attend an exciting lecture on the low back with Dr. Thomas Kaye, neurosurgeon, Dr. Nelson, and a certified personal trainer. The lecture will be at Fitness First.

Call our office at 786-4820 for reservations. A \$3 donation fee will be given to a local charity.

Agawam Health Dept. To Hold Influenza Clinic At Senior Ctr.

The Agawam Health Department has scheduled an Influenza Clinic at the Senior Center on Wright Street for Wednesday, October 11th, from 9:00 a.m. to 11:00 a.m.

Influenza vaccine will be administered free of charge to persons 65 years of age and over or if you have chronic conditions such as: heart disease, asthma, emphysema, bronchitis, chronic kidney disease, and diabetes.

There will also be a clinic at the Danahy Schoolhouse on Maple Street on Tuesday, October 24, 1995, from 9:00 a.m. to 11:00 a.m., and at Pheasant Hill Village, Pheasant Hill Drive, Feeding Hills, on October 31, 1995, from 9:00 a.m. to 11:00 a.m.

Newborns & Infants Can Pay Visit To Ag. Library Program

Parents of newborns and of infants up to six months of age are invited to bring your babies to the library on Thursday, October 19th, from 10:00 to 11:00 a.m. for an infant massage program.

Certified massage therapist Barbara Belliveau will give a brief informational introduction, followed by a demonstration and "hands-on" workshop. The gentle art of infant massage is often recommended as a therapy that can relieve pain, tension, and stress. Expectant parents and other interested adults may register as observers.

Registration for the program is mandatory, and can be done in person or by calling the library at 789-1550.

"The Management Of Diabetes" To Be Held At Providence Hospital

Providence Hospital's free educational series, "The Management of Diabetes," will begin Oct. 6th. Sessions will be conducted Fridays from 7:00-9:00 p.m., in the hospital conference room.

Topics to be covered on October 6th include the signs and symptoms of diabetes, coping with diabetes, and self-blood glucose monitoring. On October 13th, participants will learn about insulin and oral drug use, plus acute complications which may accompany these treatments.

The October 20th presentation will explore acute and chronic complications, and will include a discussion on the importance of foot care. The series will conclude October 27th with a presentation by a registered dietitian, addressing meal planning and the diabetic diet. A question-and-answer period is part of each class.

Mary Ellen Strzempko, R.N., C.D.E., facilitates the program, which is open to diabetics, their families, and the public. No advance registration is necessary. For more information, call (413) 539-2938.

Prostate Cancer Screenings At Noble Hospital

Studies show that by the age of 50, an estimated 30 percent of American men may have prostate cancer. This estimate increases to 50 percent by the time the average male is above the age of 70.

Dr. Robert White, a urologist with a practice in Westfield, will conduct free prostate cancer screenings on Thursday, September 28th and Thursday, Oct. 5th from 8:00 a.m. to 11:45 a.m.

The screenings will include the prostate specific antigen (PSA) test and digital exam.

Although the number of men diagnosed with this form of cancer is very high, the good news is that once it is diagnosed, the cancerous tumors are slow-growing and many types of treatment are available.

Appointments are required. For a screening appointment, call between 8:30 a.m. and 2:00 p.m., Monday through Friday, 568-2811, ext. 5687 or 5688.

Breastfeeding Class At Providence Hosp. Starts Oct. 12th

The Center for Women's Health at Providence Hospital will conduct a Breastfeeding Class October 12th, 7:00-9:30 p.m., in the hospital conference room.

Taught by certified lactation consultant Madeline Boland, R.N., I.B.L.C., the program provides information on the benefits and basics of breastfeeding, breast-pumping techniques, and helpful tips to support a positive and successful breastfeeding experience. Partners are encouraged to attend.

Cost is \$10; advance registration is required. For more information, call (413) 539-2950.

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Living Well

by Rick Hersom
Fitness Director
Fitness First Health
and Fitness Center
60 N. Westfield St., F.H.
(413) 786-1460

Flexibility Enhances Health

Flexibility is the ability of joints to move through their full range of motion. It is one of the most overlooked aspects of a well-rounded exercise program. As we become older, our flexibility decreases, and if stretching is not a part of our exercise program, everyday activities such as bending down to tie a shoe become difficult or even impossible.

Benefits of stretching include: enhanced posture, maintain joint health, prevented injuries, facilitate strength development, reduce muscle soreness, prevent low back pain, and relieve stress.

Here are some important tips to remember about stretching:

1. Stretch at least 3-5 days a week, and always do a warm-up before stretching.
2. Slowly apply the stretch to your muscles to the point of slight tension.
3. Hold the stretch 20-60 seconds.
4. Relax and breathe easily.
5. Rest about 30-60 seconds between each stretch, and do about 3-5 repetitions of each stretch.

It is possible to stretch too far, so be careful, especially if training with a partner.

* Note: Fitness First will be holding their popular Stretching Clinic Monday nights at 8:00 p.m., starting October 9th for four weeks. For more information, call Fitness First at 786-1460.

New Mothers Support At Providence Hosp. Oct. 4th & 18th

The Center for Women's Health at Providence Hospital offers a free New Mothers Support Group for moms with babies up to six months-old. The next meeting will be October 4th and 18th, 10:30 a.m.-11:30 a.m., in the hospital conference room.

Judy Hatch, R.N., I.B.L.C., facilitates the meetings, which provide information on topics including newborn care, infant feeding, parenting, and postpartum concerns. Mothers are encouraged to bring their babies.

Advance registration is required. For more information, call (413) 539-2950.

Cancer Support Group At Mercy Hospital Starting Oct. 3rd

The Breast Cancer Support Group, sponsored by the Women's Pavilion at Mercy Hospital, will meet October 3rd and 17th, 6:30-8:00 p.m., in the Deliso Conference Center.

The group is open to women who have experienced mastectomy and other breast surgery, or who have been diagnosed as having breast cancer. Family and friends are welcome to attend and share their experiences and concerns.

For more information, call the Women's Pavilion, (413) 748-9080.

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Arts

Native American Music & Dance Festival Slated For The Quadrangle

The Springfield Museums will present a festival of Native American music and dance on October 8th from 12:00 noon to 4:00 p.m. on the Quadrangle green in downtown Springfield.

Stanley Buck, chief of the Cayuga nation and speaker in the longhouse of his nation, will sing and play a water drum while leading traditional and eastern social dances.

Two performances, from 1:00 to 2:00 p.m. and 3:00 to 4:00 p.m., will also include performers Jane Wanisi, Elwood Webster, Joyce Vincent, and Lolih and Ka-tso Webster. Following each performance, the audience is asked to join in and participate with the dancers.

Native American food, including buffalo tacos and other specialties, will be available from 12:00 noon to 4:00 p.m., along with craftspeople who will display and sell traditional hand-crafted objects. A hands-on cornhusk doll-making workshop for all ages will be offered all afternoon, as well.

This program has been planned in conjunction with the opening of the Science Museum's new permanent exhibit, *Before the Pilgrims: Native Americans in Pre-Colonial Massachusetts*. The exhibit features Indian artifacts from the Joseph Craig collection which date from 12,000 years ago to the 1600's. Jane McGahan, president of the Norwotock Chapter of the Massachusetts Archeological Society, will lead a gallery through the Craig exhibition at 2:15 p.m.

The Museums are located at the Quadrangle at the corner of State and Chestnut Streets in downtown Springfield. Admission is \$4 for adults, \$1 for children ages six to 18, and free for children under six years of age.

The Sunday Family Program is free with admission to the museums. In case of free, activities will be moved inside the Science Museum.

For more information, call the Public Programs Department at (413) 739-3871, ext. 379.



THOUSANDS OF USED BOOKS AND RECORDS will be sold at bargain prices during the Annual Friends of the Springfield Library's Used Book Sale October 18th to 21st.

Book & Record Sale For Springfield Library

The Friends of the Springfield City Library will hold their 15th annual used book and record sale from October 19th through October 21st at Baystate West (Mezzanine Level) in downtown Springfield.

Members of the Friends of the Library or of the Springfield Library & Museums are invited to opening night on **Wednesday, October 18th, from 6:00 to 9:00 p.m.** Members must present their membership cards. Non-members may purchase a \$4 Friends of the Library membership at the door.

The public hours are:

- * **Thursday, October 19th, 9:00 a.m. to 9:00 p.m.**
- * **Friday, October 20th, 9:00 a.m. to 9:00 p.m.**
- * **Saturday, October 21st, 9:00 a.m. to 4:00 p.m.**

Approximately 20,000 books, records, and videocassettes have been donated by area residents, making this the largest used book sale in the region. Included are best-sellers, children's books, paperbacks, fiction, biography, poetry, history, cooking, crafts, and more.

Space for the book sale has been donated by Baystate West.

The Friends of the Library is an all-volunteer support organization with more than 1,000 members. The group supports the library's summer reading program for children, raises funds for the library system, and sponsors author's nights and other educational programs for the public.

For additional information, call the Central Library at (413) 739-3871, ext. 290.

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To Wong Foo [PG-13] - 12:15, 2:30, 4:45, 7:15, 9:30 (Digital)

A Walk In The Clouds [PG-13] - 12:15, 2:30, 4:45, 7:15, 9:20

Pocahontas [G] - 12:20, 2:20, 4:20

Crimson Tide [R] - 7:10, 9:30

Clueless [PG-13] - 12:45, 2:45, 4:45, 7:45, 9:45

The Net [R] - 12:00, 2:40, 5:00, 7:20, 9:40

Something To Talk About [R] - 12:10, 2:25, 4:50, 7:25, 9:35

Waterworld [PG-13] - 12:30, 3:30, 7:00, 9:30

Angus [PG-13] - 12:10, 2:10, 4:10, 7:10

Bros. MacMullen [R] - 9:10 only

The Tie That Binds [R] - 2:00, 4:00, 7:15

Mute Witness [R] - 12:00, 9:40

Braveheart [R] - 7:30 only

Hackers [PG-13] - 12:20, 2:40, 4:50, 7:30, 9:45

The Babysitters Club [PG] - 12:25, 2:25, 4:25

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PISANO'S PICKS...
ON VIDEO
by Louis Pisano

V.C.R. TV

It has become quite popular for videotape companies to release vintage television series on video. A once very limited section in the videostore is now loaded with many television series.

Television series on video are usually categorized in the following format. Most often, volume one in a collection is the would-be pilot film, or the finest movie that premieres a series for a network. Consecutively, each subsequent volume contains two to four episodes, depending on whether the series' episode length is 30 minutes or 60 minutes.

Everyone has a favorite television series. Others have favorite episodes. The mass availability of television series episodes provides persons from either of the aforementioned categories an outlet to either collect a whole series or just watch a favorite episode.

It is interesting to note that the episodes are ordered in the order they were originally broadcast. Commercials are obviously cut out, and the quality of the audio and video is quite good.

With the increase in the number of series on video comes the mass appeal factor. The mass appeal factor refers to the vast array of titles available—one is sure to please everyone. Everything from "The Honeymooners" to "Star Trek" can be found in most stores. Other titles include "The Fugitive," "The Twilight Zone," "All in

the Family," "Planet of the Apes," "M*A*S*H," "Quantum Leap," "Soap," "Doctor Who," "The Outer Limits," and many, many more.

Believe it or not, there are people who instead of collecting the entire series of a particular program, collect just pilot films. Many of the programs were quite popular while on the air, so it stands to reason that a collection of pilot movies makes for a great collection. Many of these are "nice pictures"!

For the majority of people who enjoy just renting films instead of buying them, most titles can be found for rental. Look up your favorite series next time you're at the video store.

It must be remembered that very recently, there were not many television series available. It's a sure bet, however, that if the current trend keeps up, many more series will be dusted off and manufactured for consumers.

I theorize that the boom in the business of television series stems from their nostalgic appeal. Movies from other eras seem more timeless than a series. In other words, watching a timeless classic like "The Godfather" doesn't catch the nostalgic appeal that an episode of "All in the Family" will. Each are from the same era, but somehow television triggers more youthful memories than a film.

I'm sure you'd be surprised at what you'll find at the video store. Next time you're in the video store, think of a series you enjoyed and ask if it's available on video. If not, it's a sure bet that soon it will be.

Whether you want to watch comedy like "Bewitched" or adventure like "Battlestar Galactica," check out the video store's TV section. You'll see that the feared Nielsen ratings axe may not be the end-all in the television business after all.

(WRITER'S POSTSCRIPT: I want to know what you think of "Pisano's Picks ... On Video." Send your comments, suggestions, etc., to me in care of "The Agawam Advertiser-News," P.O. Box 263, Feeding Hills, MA 01030.)

Ludlow's Exit 7 Players Announce 1996 Community Theatre Season

Ludlow's Exit 7 Players announce their 1996 season, on stage at the Chestnut Street Theater in Ludlow.

The season opens with a unique "Talent Showcase" in February, featuring the children of the Exit 7 Youth Players, as a showcase of the skills they've been perfecting in the group's weekly musical theater workshops.

Next up is the powerful Andrew Lloyd Webber rock opera, "Jesus Christ Superstar" in April. In the summer, the Youth Players will again take to the stage and present the timeless family musical "Peter Pan" in August. Rounding out the year will be classic Shakespeare - "The Taming of the Shrew."

Season tickets are available for this year of ex-

citing shows. For information, call Bob Sullivan at 547-8038.

The Exit 7 Players close their 1995 season with the Alan Ayckborne comedy, "Taking Steps," a fast-paced British farce directed by Pam Hebert. The four men and two women of the cast are put through their paces on a unique set designed to give the illusion of a large, three-story Victorian house - all on one level. The physical, almost slapstick element of the barely-controlled chaos, and the precise timing of the comic delivery make for an evening of laughs and merriment.

The show will be on stage at the Chestnut St. Theater, Ludlow, on October 27th and 28th, and November 3rd and 4th, at 8:00 p.m.

For ticket information, call Becky at 547-0203.



Here's looking at Cooking

Trends In Food & Wines

Ever planned a dinner party menu and found yourself stumped about which wine to serve? Granted, traditionalists have always advocated pairing red wines with red meats and white wines with fish and fowl. These guidelines certainly will render repeat guests, but why not try a few contemporary food and wine pairings at your next dinner party?

One of the most progressive wine-making regions in the world is California's Napa Valley, where blending food and wine has become an art. The annual Napa Valley Wine Auction is a wonderful time to sample these very diverse food and wine combinations.

Here are a few tips from this year's auction experts.

• **Matching flavor intensities is the key.** Robust dishes are best served with hearty wines, while subtle flavors call for more delicate varieties.

• **Choose your herbs wisely.** Whether you're serving leg of lamb or lobster, herbs make a definite impact on the wine accompaniment. More pungent herbs, like rosemary and thyme, call for a big Cabernet Sauvignon, while tarragon or citrus-flavored herb dishes are best paired with a crisp Chardonnay.

• **Try contrasting flavors.** Spicy foods, like Asian or Southwestern cuisines, can be tricky. Rather than serving a Sirah, consider a refreshing alternative, such as a Napa Valley Sauvignon Blanc or Riesling, which will balance the spicy tang.

• **Give sparkling win a run.** Sparkling wines have finally come out of the "special occasion" closet with bubbly varieties debuting on dining tables from Mendocino to Milan. Give sparkling wine a run throughout the meal. Start with a crisp bland de blancs, then move into a blanc de noir with your main course. For dessert, a cremant variety, which is higher in sugar, goes well with pastries, sorbets, cakes, and cheeses.

For a taste of food and wine pairing on a grand scale, the annual Napa Valley Wine Auction is an excellent forum. Held in St. Helena, California, the nation's largest charity wine auction holds 1,600 attendees for a four-day food and wine extravaganza unparalleled in the industry.

For more information, contact the Wine Auction at (707) 942-9783, ext. 901.

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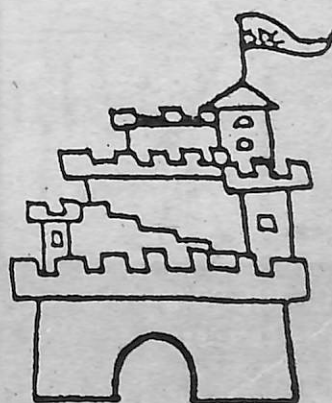
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AGAWAM'S JESSICA FORNI, Doug Major, and Joanne Gonneville of Chicopee rehearse "Wait Until Dark" for the Centennial Community Theatre in Chicopee.

"Wait Until Dark" To Be Presented By Chicopee Group

The classic suspense thriller "Wait Until Dark" will be presented by the Centennial Community Theatre October 13th, 14th, 20th, and 21st.

Joanne Gonneville plays Susy Hendrix, a blind woman whose Greenwich Village apartment becomes the setting for a dangerous charade. Two down-and-out comen, played by Doug Major and Kenneth Miles, are drawn into a plot to force Susy into surrendering a doll she doesn't know she has.

The doll holds a secret, and Harry Roat, played by Josef Wille, is the sinister stranger who wants the doll and challenges Susy to a game of wits where mistakes are fatal. Susy soon finds her only help is the little girl upstairs, played by Jessica Forni, and the confidence in her own abilities she thought she'd lost.

The cast also includes David Leslie as Sam, Mike Desroches, and Evan Breitung. Directed by Arnie Woods, the show's producer is Mary Ann Arnold.

Partial proceeds from the October 13th Opening Night performance will be donated to the Chicopee Senior Center from CCT's Opening Night Fund. All performances begin at 8:00 p.m. at the Chicopee High School Auditorium, Front Street in Chicopee. Ticket prices are \$6, \$4 for children and seniors, and seating may be reserved by calling 594-9529.

Agawam Community Artists To Meet Wed., October 4th

The next meeting of the Agawam Community Artists will take place on Wednesday, October 4th, from 7:00 to 9:00 p.m. at the Captain Leonard House, 663 Main Street, Agawam.

The meeting, which is open to the public, will feature a demonstration in monoprinting by artist Priscilla Souder. Priscilla, an Enfield artist, is a multi-prize winner in various art media.

She attended the Versper George School of Art in Boston, MA, and has taught various art media classes at the George Walter Smith Museum and water media workshops and monoprinting sessions.

Presently, Priscilla is exhibiting in seven galleries throughout New England. She is a member of the Connecticut Watercolor Society and the Connecticut Women Artists Inc., and the Agawam Community Artists are happy to have her at their upcoming October meeting.

The Agawam Community Artists is a group of local artists and craftsmen who (under the auspices of the Agawam Cultural Council) meet to promote and encourage art in our community. New members are always welcome.

Tom Jones To Perform At The Big E On Sun., October 1st

Tom Jones, the man with the powerful voice who has thrilled the hearts of music lovers for generations, will appear at this year's 74th annual Big E with a spectacular concert on Sunday, October 1st (the last day of this year's 17-day fair), at the Miller Genuine Draft Stage at 8:00 p.m.

All Miller Genuine Draft Stage concerts are free with your one low Big E admission price.

"Jones the Voice," as his friends in his native Wales refer to the superstar, has sustained his popularity for more than three decades. His recordings have spanned the spectrum from pop and rock to standards, rhythm and blues to rockabilly, country to dance and contemporary sounds.

"I've always sung rock and roll music and I've always loved rhythm and blues. You know, it's soul music. Everything I do, I inject soul into it, whether it be a ballad or uptempo. Whatever it is, it is soulful," said Jones.

Last year, Jones released his first original album in six years, *The Lead and How to Swing It*, a collaboration with an eclectic array of contemporary producers. The result was a diverse work that was critically acclaimed as one of the year's best, and it put the coal miner's son back on the charts.

"A lot of uptempo stuff is on there, which is great, and a lot of dance stuff, too. There's some ballads as well, recorded right, not as though they were recorded 20 years ago," Jones said.

Born Thomas Jones Woodward in Pontypridd, South Wales in 1940, Jones began singing at an early age. He sang in the church and with the choir at the Treforrest Secondary Modern School. By 1963, he had gained notoriety with his own group, Tony Scott and the Senators.

It wasn't until late in 1964 that Decca Records signed Jones to its roster of recording artists. His first single was not a great success, but the next choice, a new song penned by Jones' manager, Gordon Mills, and called "It's Not Unusual," was a huge international success.

"The BBC wouldn't play 'It's Not Unusual.' They didn't like it. It didn't fit into their established format. At the time, the group scene was very big, and if you had anything else, a song with anything different, they didn't want to know about it. 'It's Not Unusual' had a big sound and they didn't like the brass and everything on it," Jones said.

An avalanche of gold singles and albums followed, including "Delilah," "Help Yourself," "Love Me Tonight," "What's New Pussycat?," "She's A Lady," and tons of others throughout the sixties and seventies.

Jones continued to record during the 1980's and his popularity never waned, and he appeared as himself in 1992 as a cartoon character on the animated Fox television show *The Simpsons*.

Best local news...

Ag. Cultural Council Announces 1995-1996 "First Fri." Programs

The Agawam Cultural Council has announced the programs for its 1995-1996 "First Friday" series, beginning with the October program. These programs are free to the public. Funding is made possible by the Agawam Cultural Council through a grant from the Massachusetts Cultural Council.

Don't forget to cut out the following "First Friday" series schedule for 1995-1996 so that you will not miss any of the great programs that have been lined up. (The schedule may also be picked up at the Agawam Town Hall and the Agawam Public Library.)

Agawam Cultural Council's "First Friday" Series 1995-1996 Program Listing

- * **October 6, 1995**
7:30 p.m. - Agawam Public Library
BARBERSHOP CHORUS: Featuring the Springfield Chordsmen. Great harmony for great entertainment.
- * **November 3, 1995**
7:30 p.m. - Agawam Public Library
JOHN PORCINO: Storyteller and folksinger.
- * **December 1, 1995**
8:00 p.m. - Agawam Senior Center
AGAWAM REPERTORY THEATRE: "Kentucky Marriage Proposal" and "For Better or For Worse."
- * **February 2, 1996**
7:30 p.m. - Agawam Public Library
AMBIENCE WIND QUINTET: Baroque, classical, romantic, and contemporary music.
- * **March 1, 1996**
7:30 p.m. - Agawam Public Library
MASSACHUSETTS AUDUBON SOCIETY: Live animal program.
- * **May 3, 1996**
7:30 p.m. - Agawam Public Library
SENIOR BELL CHOIR OF BRANFORD, CT: Melodic songs rung with five octaves of handbells.

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Saturday & Sunday

From 10:00 A.M. To 6:00 P.M.

October 7th & 8th, 14th & 15th,
21st & 22nd, and 28th & 29th

Hayrides To & From Pumpkin Patch

Petting Zoos
Children's Hay Maze
Arts & Crafts

Halloween Decorations
Food & Refreshments

\$5 Per Person
(Includes Free Pumpkin)



Last Week's Solution...

1	P	A	R	T	6	C	A	R	O	L	10	E	D	D	A
19	A	R	I	A	15	A	D	O	R	E	16	R	E	A	D
17	R	I	V	E	R	B	A	N	K	S	18	R	A	N	A
20	A	D	E	21	E	L	M	S	22	S	T	A	N	K	Y
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30	T	A	R	E	31	T	I	L	E	D	32	A	V	O	W
33	E	N	S	34	S	E	L	E	S	35	S	C	E	N	E
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45	N	A	V	E	46	A	S	E	A	T	47	S	K	A	T
48	D	I	E	D	49	M	A	R	T	A	50	E	E	L	S

ACROSS

- 1 Comfortable chair
- 7 Trades
- 12 Early morning hours
- 15 RBI or ERA
- 19 Far East
- 20 Gypsy's card
- 21 General Arnold
- 22 Soprano Pons
- 23 Margin of safety
- 25 Mine find
- 26 Roman road
- 27 Hawkeye state man
- 28 Hotel amenity
- 31 Sea eagle
- 33 Antiseptic
- 35 Compete
- 36 Actress Ruby
- 37 Like certain coastal regions
- 39 Artist's stand
- 42 Feel pity and remorse
- 46 Sprang up
- 47 Chop finely
- 49 Letter run
- 51 Flat fish
- 52 Actress Rita
- 53 Happy situation for a go-getter
- 57 Harem room
- 58 Greek letters
- 60 Swabbie's tools
- 61 State strongly
- 62 More crippled
- 64 Carry on
- 65 "— was saying"
- 66 Voluminous volumes
- 68 Relative of a hippo
- 69 Lorna of fiction
- 71 Lanza for one
- 72 Alcott's "Little —"
- 73 Italian city
- 74 Non-metallic element
- 75 Gibbon
- 76 Reps for short
- 79 Skier's milieu
- 80 Mend a sock
- 81 Oahu neckwear
- 82 Mother of Zeus
- 83 Ingrid's daughter
- 84 Prepares for an addition
- 88 Feedbag item
- 89 Town of Italy
- 91 Vigoda
- 92 Regions
- 93 Mistreat
- 95 Indians

DOWN

- 1 Forest humus
- 2 Grenada gold
- 3 Spanish for river
- 4 Prods the memory
- 5 Data (slang)
- 6 Put in storage
- 7 Pool member
- 8 "— and Peace"
- 9 Arrangement (abbr.)
- 10 In need
- 11 Worked hard
- 12 "Give me — where the..."
- 13 Planet with canals
- 14 Moves faster
- 15 "Under the skin" items
- 16 Monkey of S.A.
- 17 Baldwin
- 18 Phoenician city
- 24 Cleaning cloth
- 29 Lubricator
- 30 Antique car
- 31 Printing errors
- 32 Eats and lodging words
- 34 Capp's hyena and Horne
- 37 Avid
- 38 Poetical ever
- 40 Respond
- 41 Matched pair
- 43 Place to stay
- 44 More aged
- 45 "Wash and —"
- 47 Largest of the elk family

MEET THE MASTER - by Dick Mastroianni

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125						126				127						128					

- 48 Zulu warrior group
- 49 Female saints
- 50 Crag
- 54 Man from Oman
- 55 "— rye" sandwich
- 56 Eternally
- 59 Bend over
- 62 Beat it
- 63 "...partridge in — tree"
- 66 Sea flyers
- 67 Yoko
- 68 Body trunk
- 70 Bullring cheer
- 71 Ripped
- 72 Street gamins

- 73 Type of type
- 74 Use the oven
- 75 Tony —
- 77 Poked fun at
- 78 Surfeits
- 79 Shadowbox
- 80 Pat on
- 81 Fine soil
- 84 Business leaders
- 85 Measure of Asia
- 86 Table scrap
- 87 Cheerleaders' word
- 90 Boozed it up
- 94 Fighter
- 96 Many, many years
- 97 School subject (abbr.)

- 98 Jackson novel
- 99 Punctuation marks
- 101 Bulgarian wine
- 103 Irregular in shape
- 104 Prefix for political
- 106 Whip
- 107 "Dies —"
- 108 Wind direction item
- 109 Smell strongly
- 110 "Nose in the air" type
- 112 Hairdo type
- 116 "Little —"
- 117 Ship deserter
- 118 Pismire
- 119 Poet Li-po
- 120 Compass heading

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ATTENTION ALL CANDIDATES: Beginning this week we asked that all press releases, photos, and ads be brought in on Monday due to the increased volume of work for the staff. We open at 6:30 a.m. Thanks for your cooperation. We open on Monday at 6:30 a.m.

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brown hairs
flowers gone?"



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JANE BRODY

Jane Brody To Return To The Springfield Public Forum Series

Jane Brody, Personal Health columnist for *The New York Times*, has chosen the title "How to Die Young at an Old Age" for her third lecture before the Springfield Public Forum Series on Thursday, October 5th.

The event, open to all free of charge, is set for 7:30 p.m. at Symphony Hall in downtown Springfield. Baystate Medical Center is the co-sponsor of this forum, and its Chief Executive Officer, Mark Tolosky, will serve as chairman.

A festive dessert book signing with Jane Brody will be hosted by Baystate Medical Center following the talk in the Mahogany Room. All are invited. A special fundraising surcharge of \$10 will support the Public Forum Series Program.

Ms. Brody states that she practices what she preaches regarding physical fitness and good health with the positive result that she feels more energetic, youthful, and trim at 53 than she was at 15. To keep her body from "rusting out," she follows a daily routine of physical activity, alternating between walking, cycling, swimming, ice skating, tennis, hiking, and roller-blading.

Jane Brody received her B.S. degree in biochemistry from the New York State College of Agriculture and Life Sciences at Cornell University in 1962, and a master's degree in science writing from the University of Wisconsin School of Journalism the following year.

After two years as a general assignment reporter for *The Minneapolis Tribune*, in 1965 she joined *The New York Times* as a full-time specialist in medicine and biology. In 1976, she was appointed its Personal Health columnist.

Her widely read and quoted column continues to appear every Wednesday in *The Times* and in more than 100 other newspapers around the country. In addition, her articles on other aspects of science and medicine appear frequently in *The Times' Science Times*. *The Springfield Union-News* runs her column each week on Friday.

Ms. Brody has written scores of magazine articles and has authored six books: *Secrets of Good Health*; *You Can Fight Cancer and Win*; *Jane Brody's Nutrition Book*; *Jane Brody's The New York Times Guide to Personal Health*; *Jane Brody's Good Food Book*, and *Jane Brody's Good Food Gourmet*. Her newest work, *Jane Brody's Good Seafood Book*, was published in October 1994.

Ms. Brody lectures frequently on health and nutrition to audiences both lay and professional. She has appeared on hundreds of radio and television shows throughout the country, and has received numerous awards for her journalistic excellence. In 1987, she was awarded an honorary doctorate from Princeton University.

Ms. Brody was born in Brooklyn, New York, where she presently resides with her husband, Richard Enquist, a lyricist, and their spaniel, Max. Their twin sons, Erik and Lorin, are now independent adults who share her enthusiasm for wholesome food and fitness.

Best local news...



RICK ANDERSON ATTEMPTS TO CHARM a cautious Kelly Seip as Ken Palmer looks on during a scene from the Players' season opener, "Death of a Salesman," starting October 19th at Mapleton Hall in Suffield, CT.

Suf. Players Preparing For Their Production Of Arthur Miller's "Death Of A Salesman"

Suffield: Arthur Miller's classic tale of "the little man" Willie Loman will come to life this fall in the Suffield Players' production, "Death of a Salesman," running October 19th through November 11th at Mapleton Hall.

The cast of 13 is under the direction of Denise Boutin, head of the Theatre Department at Springfield's MacDuffie School. Ms. Boutin's previous shows with the 43 year-old troupe include "Vanities" and "Noises Off," as well as several on-stage appearances.

Her cast is comprised of five new members and eight familiar Suffield faces. The focus of this pro-

duction is on the hope and strength of an American family in the 1940's, coping with both their own emotional and passionate lives, and an increasingly cold and impersonal world, which pulls at them.

This nearly 50 year-old show hits home in today's world of cyberspace, shock T.V., and hostile take-overs.

Ticket sales begin September 28th through the Players' number (1-800-289-6148), with discounts for students, seniors, and groups of 10 or more when reserved and pre-paid.



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Facials - \$17.50 (reg. \$23.00)

Men's Day special on Tuesdays - \$8.00

Women's hair:
\$17.50 cut & blowdry (reg. \$22.00)
\$14.00 without blowdry
10% off perms (reg. \$45.00 & up)

Massages

15 minutes - \$15.00
½ hour - \$25.00
1 hour - \$45.00

(Valid with ad)

All available for the month of September

West Side Chamber Plans Dinner Theatre

Thursday, October 19th at 7:30 p.m., the West Springfield Chamber of Commerce will sponsor a dinner and presentation of "LIGHTS, CAMERA, MURDER!!" in the Carriage House at Storowton.

This will be an evening of unforgettable and hilarious entertainment for couples or singles. The cast of experienced professional actors and actresses will mingle with the audience throughout the performance, bringing each person into the plot. Everyone will have a chance to point out "the guilty person."

A choice of a Yankee Pot Roast or Boneless Breast of Chicken entree will be offered with deep dish apple pie for dessert ... all for \$25 per person. Reservations are necessary! The deadline date is Friday, October 13th.

The public is invited!

Tickets may be purchased from the West Springfield Chamber of Commerce, P.O. Box 161, West Springfield, MA 01090-0161 (787-1550) or from committee members.

Committee members with tickets available include Janet McCarthy, BayBank, 731-4777; Joyce Viecegli, Drs. Girotti, White Winn & Torchia, 788-9621; William McClure, Jr., McClure Insurance, 781-8711.

Checks should be made payable to the West Springfield Chamber of Commerce.

St. Martha Players To Present "Brigadoon"

The St. Martha Players Cabaret Theatre proudly announces that their fall production will be the romantic musical "Brigadoon." A musical play in two acts, "Brigadoon" was written by Alan Jay Lerner with music by Frederick Loewe and lyrics also by Alan Jay Lerner.

Performance dates are November 3rd, 4th, 10th, 11th, 17th, 18th, 25th, and 26th. All Friday and Saturday performances are at 8:00 p.m. The Sunday, November 26th performance is at 2:00 p.m.

All performances are held at the St. Martha School, 214 Brainard Road, Enfield, CT. For ticket information, contact SMP Service at (203) 745-6368. If you are interested in participating in St. Martha's production of "Brigadoon," please call (413) 538-6119.

Barbershop Group Plans Harmony Evening At Library

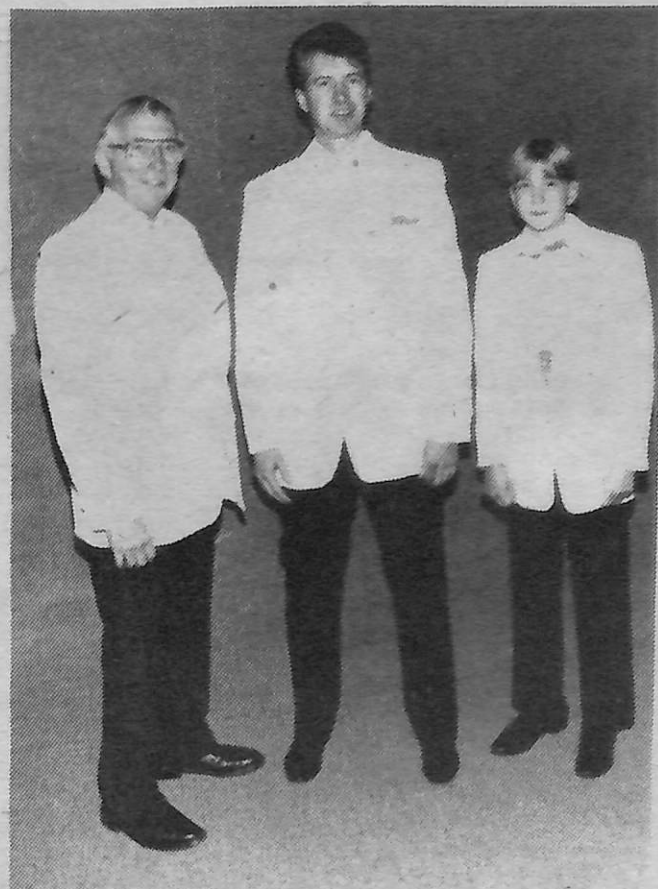
On Friday evening, October 6th at 7:30 p.m., the Springfield Chordsmen Barbershop Chorus will present an evening of four part harmony at the Agawam Public Library.

This is part of the First Friday Series sponsored by the Agawam Cultural Council. Admission is free. This performance will be extra exciting for three members of the chorus; Josh, Al, and Basil Roman. It will be the first public performance for three generations of the Roman family.

Josh, an eighth grade student in Westfield, joined the Chordsmen this summer. His father, Al, has been a member of the group for 12 years, and Al's father, Basil, a member for 18 years. Both are thrilled to share their hobby with Josh.

The Springfield Chordsmen are part of an International Barbershop Society, The Society for the Preservation and Encouragement of Barbershop Quartet Singing in America, Inc., that numbers approximately 36,000 across the US and Canada. They also have affiliated groups in several countries around the world; Australia, England, Sweden, and Germany, to mention a few.

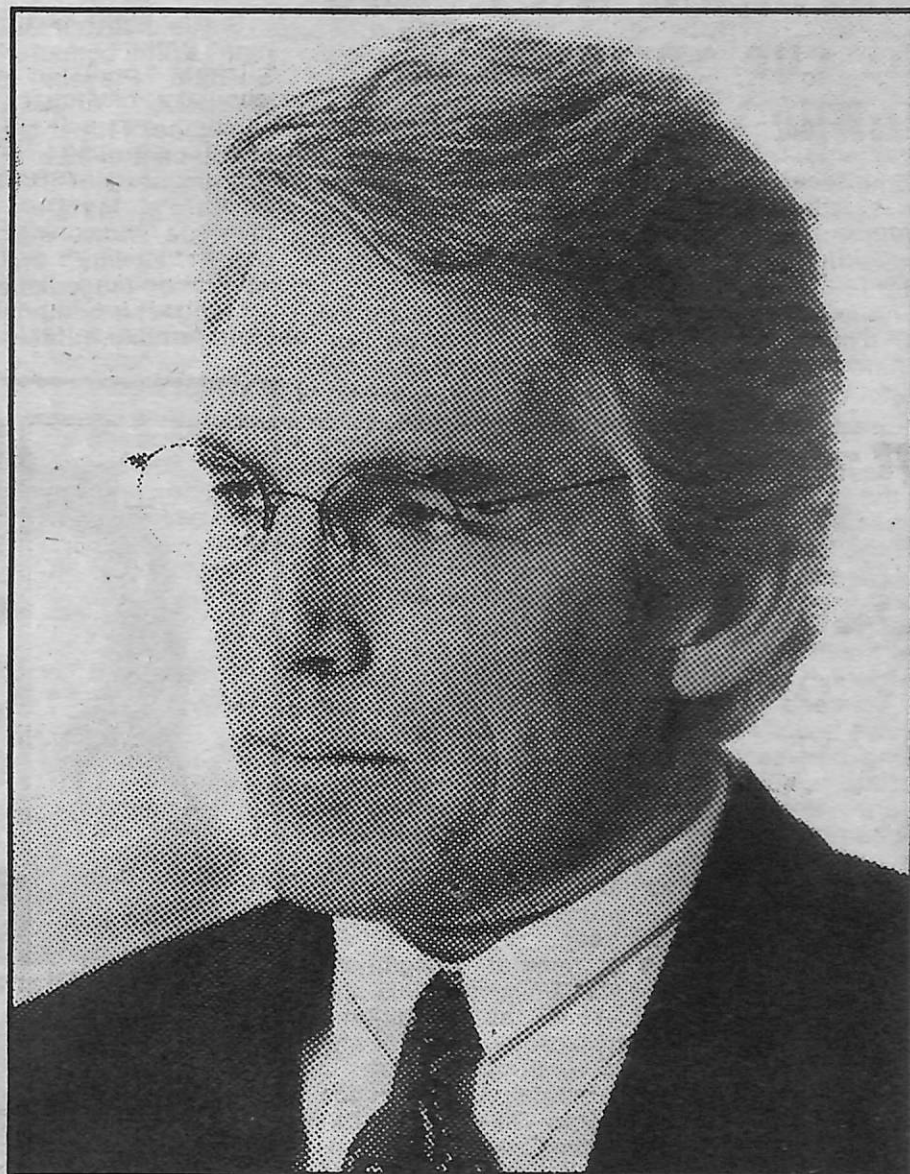
We hope you will join them for an enjoyable evening of Barbershop harmony.



MEMBERS OF THE SPRINGFIELD CHORDSMEN - Basil Roman, Al Roman, and Josh Roman. Advertiser News photo by Jack Devine.

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Education

Being National School Board President Keeps Roberta Doering On The Go

by Kathy Cassanelli
News Editor

Since taking over as the president of National School Boards Association in April, Roberta Doering has visited four of its five regions as the nation's leading advocate for public education.

Busy as she is attending conferences and workshops across the country and lobbying state and federal legislators in support of public education, Mrs. Doering hasn't forgotten where she comes from. None of the NSBA members ever lose sight of their biggest strength - they are locally elected officials with a grassroots grasp of the issues facing their own communities as well as school systems across the United States.

Although there is always room for improvement and for sifting through the latest information to see what works for our community, Agawam has a good school system with good people interested in what's best for the children, Mrs. Doering said.

A Positive Point Of View

"We have to operate from a positive point of view," Mrs. Doering said. "A negative attitude doesn't serve the community, the parents, or the children in school. This doesn't mean we don't recognize our strengths and weaknesses and do something about it."

Speaking to parents across the country, Mrs. Doering said even in troubled inner schools, parents who are involved at school and in contact with the teachers are generally more satisfied with the job the schools are doing.

According to Mrs. Doering, people across the country have come to realize that the schools can't do everything and that it takes a collaboration by parents, teachers, students, and the community to educate children, thereby safeguarding the health, safety, and welfare of the community.

A common concern (nationwide) is the amount of time children, especially those with both parents working, are spending alone and unsupervised. Schools can help by providing extracurricular activities and athletics. "I feel we're ahead of the game with all that we offer here in Agawam," Mrs. Doering said.



ROBERTA G. DOERING

While the NSBA has long range goals to accomplish its mission to foster excellence and equity in public schools through local school board leadership, Mrs. Doering brought her personal goals to the NSBA presidency.

"My first priority was to make sure everything we do would focus on children and youth. We had to ask ourselves how everything we did would affect children, both in the classroom and after school," Mrs. Doering said. "My second priority was to work on better communication between the state school board associations and the national association."

As part of its effort to enhance the image of public education, the NSBA is launching a grassroots campaign to bolster confidence in public schools.

"We have to get the message out that public schools are necessary. They're the backbone of a community," Mrs. Doering said. "I feel so strongly about that. If you think they're not doing what they should, get involved to make them better."

Having become involved on the state and national school boards to learn how the "larger picture" impacts local school boards and to make sure local concerns are heard, Mrs. Doering remains convinced the answers to local problems should come from the community.

Local School Committee Is Important

"The local school committee is important because they know the needs of the community. We know what's best for Agawam," Mrs. Doering said. "And the state should not always be dictating to us."

Later this fall, Mrs. Doering will meet with U.S. senators and representatives at the NSBA headquarters in Alexandria, Virginia to discuss proposed cuts in the federal budget that will affect public schools.

"We're very concerned about budget cuts in the Education Department of between 17 percent and 31 percent as opposed to 4 percent cuts in some of the areas of the budget," Mrs. Doering said. "We'll be doing some lobbying of the House and Senate to get the cuts restored."

The NSBA was founded in 1940 and is comprised of local school board members from the 50 states, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands. It serves over 40 million public school children.

NSBA advocates local school boards as the governing bodies for public school districts and supports the ability of the local boards to provide an environment that will allow all students to reach their maximum potential.



Agawam / West Springfield
Hockey Association

SECOND ANNUAL GOLF OUTING

Sign up now for a great day of golf, share some laughs, and benefit youth hockey.

DATE: Saturday, October 14, 1995

COURSE:

Oak Ridge Golf Club
850 South Westfield Street
Feeding Hills, MA

FORMAT: Best Ball / Scramble Foursomes

TIME:

12:30 Shotgun Tee Start
06:30 Dinner at the Club

COST:

\$75 per player ... Green fees, Cart, Prime Rib Dinner
\$20 dinner only

PRIZES: Two Hole in One Prizes

- Above Ground Pool or Spa
from

Teddy Bear Pools & Spas

- Golf Club Package (woods, irons, bag)
from

Fran Johnson's / Nevada Bob's

- Closest to the Pin & Straightest Drive Contests
- 1st & 2nd Place Team Awards
- Raffle Prizes

SPONSORS:

If you, or someone you know, would like to sponsor a hole or donate a raffle prize, please contact a Committee Member.

COMMITTEE:

Paul Flaherty	739-2080	John Ciborowski	736-8966
Steve Smreck	739-0505	Dave Ciborowski	788-0544
Marc Yacavone	786-9888	Larry Distefano	733-4377

Sign up with a Committee Member or Mail Check (payable to Agawam / West Springfield Hockey Association - Golf Outing) to:
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Agawam Schools' Weekly Lunch Menu

Monday, October 2nd: Steamed frankfort in roll, oven French fries, mustard, relish, catsup, chilled fruit cup, milk.

Tuesday, October 3rd: Hamburg in roll, steamed rice, seasoned peas & diced carrots, peach crisp, milk.

Wednesday, October 4th: Cheese-filled ravioli with meatsauce, tossed garden salad with spinach greens & creamy Italian dressing, bread & butter, spice cake with vanilla icing, milk.

Thursday, October 5th: Oven-roasted turkey with gravy, whipped potatoes, sweet peas, dinner roll, vanilla pudding with topping or fruit cup, milk.

Friday, October 6th: Grilled cheese sandwich, dilled pickle chips, oven potato puffs with catsup, seasoned green beans, fresh Mac apple, milk.

* **REMINDER:** Elementary lunch is \$1/per day or \$5/weekly.

(NOTE: Please remember to purchase your tickets on Mondays for the week. Personal checks are accepted, payable to: The Agawam School Lunch.)

New Acting Principal At Agawam High Has Frank Discussion About School's New Course

by Kathy Cassanelli
News Editor

Less than two months after being appointed as the school's deputy principal, Joseph Zabielski moved into the principal's office on Monday, September 25th.

Zabielski has been appointed acting principal for the school year to fill the slot left vacant by Russell G. Furtado's resignation in August. The search for a permanent High School principal has been postponed until the spring.

Planning to retire in August 1996, Superintendent of Schools Bernard F. Ryder said, "I'm delaying the appointment of the Agawam High School principal until such time as the new superintendent is appointed. I will assist the new superintendent in working to find a new High School principal."

Ryder said it was important that the new superintendent have an active role in the selection of the High School principal because "they must be compatible and work together as a team."

Ryder said Guidance Department Chairman Paul Cavallo has been named substitute assistant principal to take over Zabielski's duties while the job is posted under the rules of the union contract. Cavallo, a 25-year veteran at the school, is expected to apply for the position.

Armed with a five-point action plan and a team-work approach to problem solving, Zabielski said he plans to "focus on the goal of making this school a better place."

Public Perception Of Rivalry And Infighting

Zabielski acknowledged there has been a public perception that an atmosphere of rivalry and infighting among the staff has had the High School in turmoil for the last two years.

Seeing internal strife at the High School, people have been concerned about the effect this has on their children's education, Zabielski said.

"All the good things going on were diminished by the internal strife," Zabielski said. "It didn't diminish my spirit in the classroom. Education is very definitely going on here."

Zabielski said he will submit his action plan to the school's academic coordinators by the end of the week and will incorporate their suggestions in implementing the plan.

Outlining both achievements to date and goals for the future, the action plan seeks to create a community high school environment; support quality professional development; improve staff morale; establish high expectations for students; and improve curricula and scheduling.

Asked to identify his top priority in the action plan, Zabielski said, "Everything." While the entire plan can't be addressed in one year, Zabielski said ongoing curriculum writing and revision is the key for any school system.

Working toward increased involvement from the business community, parents, and the community-at-large is also high on Zabielski's list of priorities. A committee of AHS teachers and business leaders is already in the works, and Zabielski is hoping to establish a library foundation, promote an academic booster club, involve parents and community members in AHS committees, and expand the PTSO.

A More Active Role In Social & Sporting Events

Zabielski, along with Cavallo and Dean of Students Bernadette Conte, will be taking a more active role at social and sporting events involving the students. Zabielski said he and his assistants will be sharing the responsibility of attending functions at the school and throughout the community.

"We can't go to every football game and social event, but the kids enjoy having us show up, and the teachers supervising the events need our support," Zabielski said. "It's part of the job."

Undaunted by the prospect of taking over the High School's front office, Zabielski said, "I feel good that a lot of people have put their faith in me. I have the unanimous support of the School Council and support from the kids and staff in addition to support from the Mayor and the superintendent."

Ryder said all 23 candidates who applied for the principal's job will be notified that the search has been postponed until the spring. Ryder said he expects the new superintendent will be named in the spring and will agree to work on the search for a High School principal before officially taking over in August.

AHS PTSO To Meet On Thursday, Oct. 5th

The Agawam High School P.T.S.O. will be holding its first meeting of the year on October 5, 1995. The purpose of this meeting is to fill vacancies that have occurred on the School Council.

Please make every attempt to be at the High School Teachers' Cafeteria at 7:00 p.m. Parents are needed to be involved with the students at the High School level.

The P.T.S.O. will be holding quarterly meetings this year. The board will meet as needed.

Marching Mohawks To Host "Band Festival"

The Agawam High Band will host the seventh Annual "AHS Marching Band Festival" on Saturday, October 21st, beginning at 6:00.

The show, which is adjudicated by judges from the Massachusetts Instrumental Conductors Association, will feature music not only from our own "Marching Mohawks," but also performances from eight additional high school bands from throughout Massachusetts and Connecticut,

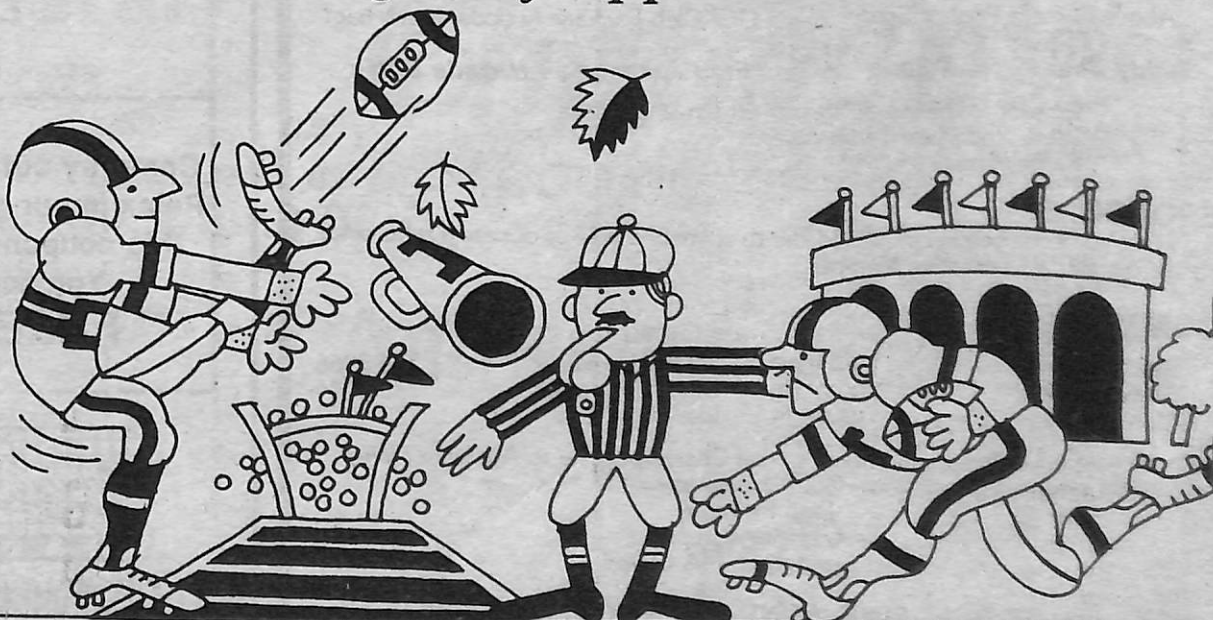
including Shepherd Hill Regional High School, David Prouty High School, Millbury High School, Methuen High School, Norwood High School, Tewksbury High School, Southbridge High School, and Killingly High School.

Tickets (\$4, \$3 for students and senior citizens) will be available at the gate.

Please support the Agawam High School Marching Mohawks.

The Agawam Gridiron Parents Association would like to thank all the sponsors who contributed so generously to our football programs.

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Bushido, a 600 year old ancient art, emphasizes self defense more than a martial art and seeks to strengthen self discipline, self respect and honor. In keeping with the true nature of self defense and Bushido's ancient history there are no competitions or tournaments within this self defense/martial art system. The system encourages family participation and has students of all ages.

Classes are held on Tuesday and Friday evenings from 7:00 p.m. to 8:00 p.m. at the First Baptist Church, Main Street, Agawam. For more information, call 786-7791.

THE X-CLUB BY JOHN CONANT



Bob Fiedler To Head Troop 75 Program

Boy Scout Troop 75 at Sacred Heart Church in Feeding Hills is pleased to announce that Bob Fiedler of Agawam will head the troop's outdoor program, according to the troop's scoutmaster, Hugh McBride.

A veteran of scouting both as a youth and as an adult, Fiedler rapidly worked his way through the program and attained the coveted rank of Eagle Scout, having earned 36 merit badges - 15 more than the 21 required to attain this highest rank in the scouting movement. Bob has also served as an adult leader for the past five years.

An experienced instructor of outdoor programs, Fiedler has planned numerous campouts and taught basic as well as advanced scouting skills. He has been active in the Council's Yukon Derby and served as Webelo Woods Chairperson for the '94-'95 season. He was also a participant in the Boy Scouts Sha-Shu-Ga Training Program for Adults. In addition to participating in the Wood Badge Advanced Leader Training, Bob has also served on the Pioneer Council's Training Staff.

Citing the benefits of outdoor programs for boys, Fiedler noted, "Outdoor programs teach children how to be self-sufficient in their surroundings, and how to use the knowledge acquired from all the training throughout the years of scouting in order to be able to handle different situations."

When asked why he has devoted so much time to the Boy Scouts and, in particular, to its outdoor program, Fiedler answered, "For me it is very satisfying to see the boys learn to be comfortable in the woods, not afraid of their surroundings. If a boy needs more individualized attention and one-to-one reassurance, we'll make it available."

"Besides, having grown up in a scouting family, I can think of no better way than this to give back to this worthwhile program which gave me so much as a kid."

Boys interested in finding out more about the outdoor program offered by Troop 75 are encouraged to attend a meeting. They are held every Wednesday at 7:00 p.m. in the Sacred Heart Parish Center.

Host Family Sought For Visiting Teacher At Agawam High

The Agawam Chapter of American Intercultural Programs (AFS) is currently seeking a host family for a visiting teacher (female) from a South American country from mid-January 1996 until the end of June.

The AFS Visiting Teacher Program has been a great success for Agawam AFS and for Agawam High School. Agawam AFS has sponsored three visiting teachers at AHS, including its most recent visiting teacher, Raquel Waldina Moreau from Argentina. Miss Moreau was hosted by David & Theresa Gallerani and Family of Agawam from January to June 1995.

The visiting teacher team-teaches at Agawam High School under the direction of foreign language teacher Mary Ellen Bruce (Spanish) and English teacher Lawrence O'Brien.

For further info, contact Al Machia, Agawam AFS Family Selection Committee chairman (786-0114) or Ric Sardella, chapter president (789-2005, evenings).

Barbara Bitgood At Mt. Holyoke College

Barbara Bitgood of Agawam is one of 502 students who began study this month at Mount Holyoke College in South Hadley, Massachusetts. She is a 1995 graduate of Agawam High School and the daughter of Mr. and Mrs. Michael C. Bitgood.

Barbara was the recipient of the Civitan Citizenship Award, the Girl Scout Silver Award, and was named a National Merit Scholarship Commended Student. A member of the National Honor Society, she was also president of the Quille and Scroll Honor Society, and secretary of the Interact Student Council.

Founded in 1837, Mount Holyoke is one of the oldest liberal arts colleges for women in the United States and is ranked as one of the nation's finest institutions of higher education.

The class of 1999 at Mount Holyoke is a diverse group of talented women from 33 countries and all regions of the U.S. The extracurricular profiles of the incoming class demonstrate a spirit of volunteerism, strong leadership, and a commitment to effect positive change in the world.

College Fair Slated At WNEC On October 11

High school students from around western New England will have a unique opportunity to explore their higher education options at the College Fair hosted by Western New England College.

Students and their parents will have the chance to meet with the representatives of over 200 colleges at the free event conducted at the college's Alumni Healthful Living Center from 7:00 to 9:00 p.m., Wednesday, October 11th. No registration is necessary.

In addition to the College Fair, at 6:15 there will be a presentation on financial aid issues in the Center's Multi-Purpose Room. No registration is needed to attend that event.

Western New England College is a private coeducational institution located on a 131-acre suburban campus in Springfield. The college serves full-time and part-time students with undergraduate programs in its School of Arts and Sciences, Business, and Engineering, and graduate programs in its Schools of Business, Engineering, and Law.

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Two Local Musicians Heading For England

Brad Tilden and Joella Raiche will be traveling to England with the Western Massachusetts Youth Orchestra, Young People's Symphony (a division of the Springfield Symphony Orchestra), during their spring vacation break in April 1996.

Brad, who plays the cello, and Joella, who plays the violin with the YPS, will be touring England for eight days and will be hosted in the homes of young British musicians in both Winchester and Bristol. Last April, the Avon School Orchestra (from Bristol) had a four-day tour in Western Massachusetts and performed in Amherst, MA.

One of the stops for the YPS will be Bristol as well as London. WMYO families know well the outstanding social, cultural, and musical opportunities that such exchanges provide for their youth.

Brad and Joella are both 10th grade students at Agawam High School, and are members of the String Ensemble at AHS. They are looking forward to their experience in England and have several fundraising projects planned to help reduce the great cost of this trip.

So, if you see Brad or Joella selling candy, wrapping paper, Christmas items, etc., or working on any fundraising project, please support these hard-working young musicians and help them reach their goal, as we are very proud of their involvement with the YPS and to have them represent Agawam in England.

Brad Tilden is the son of Grace and Peter Tilden of Agawam, and Joella Raiche is the daughter of Laura and Joe Raiche of Feeding Hills.

Horace Mann Grants For Students Entering Graduate School

The Trustees of The Horace Smith Fund announced that new Fellowships up to \$3,000 yearly will be awarded for the scholastic year 1996-97 from The Walter S. Barr Donation to residents of Hampden County who have been or are about to be graduated from college.

These Fellowships are made possible by a generous donation to The Horace Smith Fund by the late Mrs. Walter S. Barr to assist students of promise to further their education. Awards are made to **full-time graduate students** for one year, with the expectation that they will be continued annually for not more than two additional years.

Candidates who look forward to careers of definite social usefulness are preferred. Preference will also be given to candidates who plan to work in Hampden County on completion of their studies but all applications will be considered. The Fellowships will be awarded on the basis of the scholastic records, of financial resources available to them, and of all other pertinent information.

Application forms will be sent on request. Inquiries should be addressed to—The Secretary, The Horace Smith Fund, Box 3034, Springfield, MA 01102. Completed applications and all supporting data **MUST BE RECEIVED BY THE SECRETARY ON OR BEFORE FEBRUARY 1, 1996.**

Candidates are expected to take the Aptitude Test of the Graduate Record Examinations. This is the 44th year of these Fellowship Awards under the Barr donation.

Berkshire Power To Help AHS Athletics

The Agawam High School Athletic Department will conduct the first of three fundraisers this year on Saturday, October 14th.

Sponsored by Berkshire Power, a golf tournament will be held at the Agawam Country Club beginning with a scramble shotgun start at 8:00 a.m. Prizes will be awarded for closest to the pin and longest drive.

The tournament will be followed by a cookout and raffle at the V.F.W. Post on South Street. Cost for this event is \$40, which includes 18 holes of golf, a cart, prizes, and the cookout. Those wishing to attend the cookout only will be charged \$10.

The Athletic Department is seeking raffle prizes and hole sponsors. Hole sponsorships are \$50. Any donations for the raffle may be dropped off to the Director of Athletics' office or the main office of the High School any day. Entry forms and sponsor sheets for the tournament may be picked up at these two locations as well as at the Berkshire Power office located on Main Street.

Both should be submitted by September 29th. All proceeds from this tournament will go directly into the Athletic Department account which was cut this school year. To avoid a "user's fee" for student athletes, it was agreed upon by coaches, booster clubs, and the Athletic Department to try to raise the shortfall instead of initiating the fee.

Melissa J. Wojcik Appointed By AIC As News Bureau Assistant

American International College has announced that Melissa J. Wojcik of Agawam has been named news bureau assistant at the College. The announcement was made recently by John R. Fallon, Vice President for Institutional Advancement.

As news bureau assistant, Wojcik will be responsible for facilitating media relations, producing the in-house newsletter and other publications, and assisting in the College advertising.

Wojcik is a 1995 graduate of Western New England College, with a bachelor of arts in English/Communications. While at WNEC, she was an honors student, named to "Who's Who Among Students in American Universities and Colleges," and worked in the Office of Public Relations. She was also the music and program director at the college radio station, founder of the communications association, and published in the literary magazine and newspaper.

Wojcik, a Woodside Drive resident, was an operations intern at the Springfield Symphony Orchestra where she coordinated all aspects of the Spring Pops Concert.

Three AHS Grads On Varsity Soccer Team For AIC Women

The 1995 American International College women's soccer team includes three area residents.

Jennifer Lomelino, Silvana Manes, and Brooke Hollister, all of Feeding Hills, are included in this year's roster.

Parent Volunteers Sought At AHS

The Agawam High School is seeking parent volunteers to participate on its School Council.

Anyone interested is asked to call the school at 789-1400, ext. 421.

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Sports

Brownie Football Slip-Slide Away With Ease, 35-0

by Dave Rollins
Sports Editor

There are only two species of wildlife that could have loved the monsoon that descended on Harmon Smith Field last Friday night - ducks and the Agawam High School football team. There wasn't a duck in sight, but Amherst High School was present. And they got a good, old-fashioned 35-0 dunking at the hands of the Brownies.

This was a game made for a running attack. Both teams had one. Remember, Amherst has star running back Sumner Hazard (15 carries, 48 yards). But Agawam has the powerful I-Bone. And when it rains and a ground game is the order of the evening, that offense positively pours out big numbers for every back involved in it.

In this case, Dom Pisano, Jeff Blews, Kevin Perreault, and quarterback Jeff Harlin all drank from the overflowing well of success.

Amherst won the toss and took the ball first. And there, emerging out of the rainstorm like avenging angels, was the Brownie defense. They were led by three guys; down lineman Derek Parker, linebacker Andrew Ingham, and 'D' back Andrew Markowski. "Our whole secondary had a good game," Assistant Coach Bill Haag would say after it was over.

The first Amherst offensive thrust was over fast. Then it was time for the Brownie infantry or the navy (depending on your point of view that night) to come in. After the Hurricane punt, Agawam gathered up at the Amherst 45-yard line. They began to march downfield. Everything was on the ground. The drive was highlighted by a brilliant, 17-yard run courtesy of Harlin (5 rushes/40 yards). They got to the Amherst 15-yard line before Pisano, making the extra effort, went up inside and coughed it up. Amherst recovered the fumble, but the Agawam defense made sure they could do nothing with it. They punted into the driving rain and the Brownies got the ball at the Amherst 20.

Brownies First To Score

Blews (9/33 yards) rushed inside the right tackle for four. Pisano (14 carries/82 yards/1 TD) belted up the gut for six more. Then the big co-captain sliced three yards off tackle for the first Agawam score. The extra point made it 7-0 Brownies.

Amherst took the ensuing kickoff and Hazard, on the offensive series, handling a football as slippery as an eel, fumbled trying to run wide on a sweep. Defender Chris Day pounced on it. And it was the Brownie's football at the Amherst 28-yard line.

Once again, Agawam went to work on the ground. But this time, Coach Dean Vecchiarelli had a little surprise in store. Pisano rushed three straight times for a total of five yards. Harlin threw an incomplete pass. Then, the Hurricanes were caught in their wet suits. They were figuring that Harlin, because of the elements, would not put it up again. He did, per order of Vec. It was a pretty 23-yarder to Phil McGeoghan (3 carries/58 yards, 1 TD), who beat Hazard in the left corner of the end zone for the touchdown.

By now, Amherst was starting to drown in the rain. They weren't as big as the Brownies. They might have been faster, but on this evening, the track was slick. Agawam knew exactly what they wanted to do. After the game, freshman Coach Kirk Parker said, "We can win on any field, under any conditions." He and all the Agawam coaches knew this one was over.

Once again, Amherst got the kickoff and once again, the Agawam defense made them look like they should have been back in Pop Warner football.

Agawam got the ball on its 31 yard line. The drive they would mount defined their offense for this season. It was a mix of everything positive in the new philosophy of attack. It is worth noting. In the I-Bone, you can plug about every one into the backfield. The concept of motion does it. When you have guys seemingly going everywhere, a defense can't figure out who is going to get the ball.

Hurricane Defense Not Up To The Challenge

It is a brilliant and complicated offense. It takes intelligent players to run it. The Hurricane defense, which is an in-your-face variety, was not up to the challenge. When they got to the in-your-face stage, the Agawam backs were already by them and heading downfield.

Pisano ran for five. Harlin went for five off right tackle. Blews got seven. Greg Wegrzyn came in and got three. Andrew Ingham, who is just a plain all-around athlete, came into the backfield and picked up 10. Harlin ran for 11 more.

SEE EASY WIN - Page 46...

Indian Spear Latest Logo To Appear On AHS Grid Helmets

by Dave Rollins
Sports Editor

One of the finer points of football has nothing to do with what a team does on the field of play, but rather what they have on the sides of their helmets. That's right. I'm talking logos here.

Logos come in all shapes and sizes - from screaming birds (U. of Louisville) to thunderbolts (Air Force Academy) to spider's webs (U. of Richmond). Some are imaginative, like Northampton High's devil's pitchfork (which, by the way, as Agawam High School Coach Dean Vecchiarelli pointed out, one would never identify unless one saw it up close). Some are simply letters that stand for the school, like Stanford University's 'S.'

Some schools spell out their entire name on the sides of their helmets (U. of Rutgers). Some have their nickname inscribed there, like the word "Wave" on the helmets of Greenfield High, which is called the "Green Wave."

Then there are some schools that don't seem to have any imagination at all. They have nothing on their hats but empty space. The two most notable logoless schools are also two of the best in the country - Notre Dame and Penn State. I'll bet you would be hard pressed to name more than a dozen

schools without something on the flanks of their hard hats.

Agawam High School definitely shows imagination when it comes to football helmets. This season they have something new on their helmets; a spear with a feather hanging off it. It is the brainchild of Vecchiarelli. "The coach has the call on that. No one in the Athletic Department or the school administration has anything to do with it," Athletic Director Kathy McSweeney said the other day.

Why the spear rather than the big orange and brown 'A' they sported last year? Vec laughed. "Because I felt like it."

Left Up To The Kids

But almost to a man, the team and the coaches agreed that the 'A' just wasn't making it. "Actually, I left it up to the kids," Vec said. "We decided to ask them what they wanted. We looked over a brochure sent to us by the Healy Company down in Boston. They make helmet logos and there are hundreds of them. They'll also custom-make a logo for you if it isn't in the brochure."

SEE NEW LOGO - Page 46...



THE SPEAR AND FEATHER is the new logo of the Agawam High School football Brownies for the 1995 season. Advertiser News photo by Jack Devine.

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EASY WIN - from Page 45...

Then, Harlin tried the right side and he got five more that he probably shouldn't have gotten. But Pisano, showing why some good college football program will pick him up, demonstrated why he is so valuable to this team.

He led the charge in front of Harlin. The Hurricane defensive end was all alone. He was thinking a tackle on a big hit. Pisano had a big hit in mind as well. He executed the classic cutdown block that they teach in the textbooks. He took his man out like a hot knife through cold butter. He did the same thing he did so many times last season when he blocked for Jason Votzak.

Then Pisano ran for five to the Amherst 25 yard line. The next play also demonstrated an outstanding talent. Harlin dropped back. McGeoghan was running a post flag pattern. The ball was slightly overthrown. Phil reached up with one hand on the left side hash marks and pulled the ball in. That effort got the ball to the Hurricane five. Harlin, (5-6/71 yards/2 TD's) passing again, found Eric Melbourne in the end zone for a TD. The Brownies took a 21-0 lead into the locker room at the half.

Agawam got the kickoff to start the second half. And they went right to work. By this time, the rain was coming down in sheets. It was first and 10 at the Brownie 24. Agawam, despite some good efforts, could do little and Amherst got the ball back at its 47 yard line. They tried to throw it then. But Harlin, who also plays a tough defensive back, intercepted and ran the ball to the Amherst 26 yard line.

Just A Matter Of Time

The Brownie football faithful, who were by now almost wizened up to the raisin stage, knew it was just a matter of time. And it was just that. Harlin ran for one. Junior Kevin Perreault (4/12 yards), who is trying to become a cog in the I-Bone, got 10 yards off left tackle. Then Jeff Blews got his first varsity TD on a three yard run. It was now 28-0, Agawam.

It must also be mentioned that the Brownie defense defined itself in this game. It happened on the second Amherst series in the second half. All the coaches say that the 5-2, which Agawam plays on 'D,' is a linebacker-oriented defense. Assistant Coach Gary Geiger put it best.

"Our down linemen have to protect our linebackers and give them the zones in which they need to be effective." Three straight plays showed why that strategy works. Ingham dropped Hazard on two plays and Nate Ihedigbo on one play on blitzes in the third quarter.

Amherst could not deal with all the weapons Agawam brought to bear. The Brownies put their junior varsity guys into the game in the fourth quarter. Amherst went with its varsity.

"Our young guys played pretty well," Coach Haag observed. And they did. Sophomore Eric Melbourne took over at quarterback for Harlin. Sophomore running back Darin Clark ran well and scored from 15 yards out to cap the Brownie scoring.

There were offshoots to this game. On Saturday, Vecchiarelli held up a football. It was brand new. It was so waterlogged, it weighed in at about 10 pounds. "We ruined four of them last night," Vec admitted.

And Coach Birk has an award. It is called "Top Hog." It goes week-to-week and it is for the outstanding offensive lineman. Derek Parker won it in the Northampton game.

Agawam is now 1-1 on the young season. Amherst slips to 0-2. Next up for the Brownies is Holyoke and their superstar, running back Cedric Washington (see related story).



AGAWAM HIGH SCHOOL SENIORS Jeff Harlin (left) and Dom Pisano hold their helmets with the new spear logo. Advertiser News photo by Jack Devine.

NEW LOGO - from Page 45...

Finally, after looking at the logos, they voted on the one they liked the best. It was the Florida State spear. "We all liked it," Vec noted. Then he added, "Agawam has an Indian tradition. Our band is called the Marching Mohawks. We have the Indian motif involved in other parts of our school as well. The feathered spear just seemed right for the football team."

They received the sheets with the spear decals on them the week before the season opener against Northampton. And, in a small ceremony a few days before the game, all the varsity players gathered in the locker room and put them on their helmets.

Vec laughed. Not only is he the coach now, but he once played football for the Brownies. "There was a time when we had nothing on our helmets. They were just dead white. Then we had a stripe down the middle. Then we had the word 'Brownies' on the side. Then there was the big 'A.' This is, by far, the best logo we've ever had on our hats."

How do the players feel about it? A quick sampling provided the answer. Wide receiver Phil McGeoghan said, "It's radical and cool." Tight end Bryan Menard observed that the feathered spear is "sharp and impressive." Offensive tackle Justin Casinghino saw it as a motivational tool - the logo tends to pump him up and gets him in the right frame of mind to play well.

Running back Kevin Perreault noted that it is an intimidating symbol. "It makes us look tough and crazy in a football type of way."

Senior Warriors Of Ag. Youth Football Win Third Straight

The Agawam Senior Warriors met the Chicopee Braves on September 24th, and came away with their third straight victory. This was especially impressive because the Warriors were without the services of two of their premier players, Mike Blevins and Brian St. Jean, due to injuries.

Agawam opened the scoring early in the first quarter after linebacker Russ Smith recovered a fumble on the Chicopee 23. Four plays later, tailback Shawn Biebel ran eight yards off right tackle for the TD. Jason Daigneau scored the conversion on a pass from Mike Martin. Agawam's defense forced Chicopee to punt on their next possession. Alex Almquist took the punt at mid-field and returned it to the Chicopee 15. Two plays later, QB Mike Martin followed guard Jerry Graves around right end for the second Agawam score.

This was the second game that Martin, normally a starting end, was pressed into service at quarterback. Considering his minimal playing time at the position during the past two years, he has played very well.

In the second quarter, Chicopee's drive was stopped when cornerback Vin Buoniconti intercepted a pass giving Agawam possession on the Braves' 45.

One play later, Smith scored Agawam's third TD on a 40-yard run over the left side. Chicopee scored their lone TD on their next possession. Any hope of a Braves comeback was short-lived as Daigneau returned the ensuing kick-off 65 yards for a TD.

Starting in the middle of the field, Daigneau broke to the right sideline, picked up a key block from Biebel and outran the Chicopee defenders to the end zone. Buoniconti scored the conversion and Agawam led 28-6 at the half.

The second half was scoreless. The three touchdown lead allowed the coaches to give some of the newer players a chance to play and they played very well. Jeff Robinson and Brian Santinello intercepted passes and Jesse Kelleher had several nice runs.

The starting line of Grives, Eric Pederson, Kevin Rivers, Shawn Gloster, and Isidro Aguinaga dominated both offensively and on defense. Kevin Grealis, Scott Harlin, Mike Grant, Ed Torres, Matt Poirier, and Dennis Liptak played well on defense and special teams.

The Warriors junior varsity got off to a good start this weekend, beating Longmeadow 14-12. Matt Dion and Kelleher scored the Agawam TD's. The play of the JV team is encouraging as these players will make up next year's Senior team.

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Despite Small Team, AHS Gymnastics Again Look Strong In '95

by Dave Rollins
Sports Editor

Agawam High School's girls' gymnastics Coach Heather Sawyer is entering her second year as the mentor of that team. She is up against it.

"I lost five people from last season," she says. "We are down to eight athletes this year." Then she added, "I'm not really worried, though. I still have my high scorers. I feel I have everyone I need to insure that we are one of the top gymnastics teams in Western Massachusetts."

Heather is a class coach, too. In their opening dual meet against Minnechaug, Amherst, Comp, and Longmeadow a week ago last Wednesday, she pulled her girls from the uneven bar competition. "Those bars weren't safe," she said. "They were set up wrong and were too wide apart. I would never have my athletes compete on that kind of bad equipment."

That move probably cost them an overall win (Agawam finished third with 109.35 points, behind Minnechaug and Amherst). But she did was exactly right. Remember, she is a skilled gymnast on every piece of equipment you would ever find in a gymnasium.

The Coach's 1995 Gymnastics Team...

"My team looks like this," she said. "Becky White is an all-arounder. She can do any event, from the floor to the beam. Her best exercise is the floor. She just seems to improve all the time."

She says the following about senior **Jen Sparveri**: "She's strong in three events. She is always learning. The floor, beam, and vault are her bread and butter. She has a strong background in dance. She might not always figure into the winning scores, but she gets the strong backup numbers. She's an ultimate competitor and a complete perfectionist."

Her signature athlete is junior **Melanie Demastrie**. Heather has worked with Melanie for the last two years at a private club. "She keeps raising her talent and ability level every time we have a session. Her degree of difficulty in the events she enters doubles and triples."

Demastrie—like Kristen Patterson in soccer, basketball, and softball; Phil McGeoghan in football and basketball; Becky Wing in field hockey and softball; and Jon Jacobsen and Andrew Ingham in wrestling—is a unique talent.

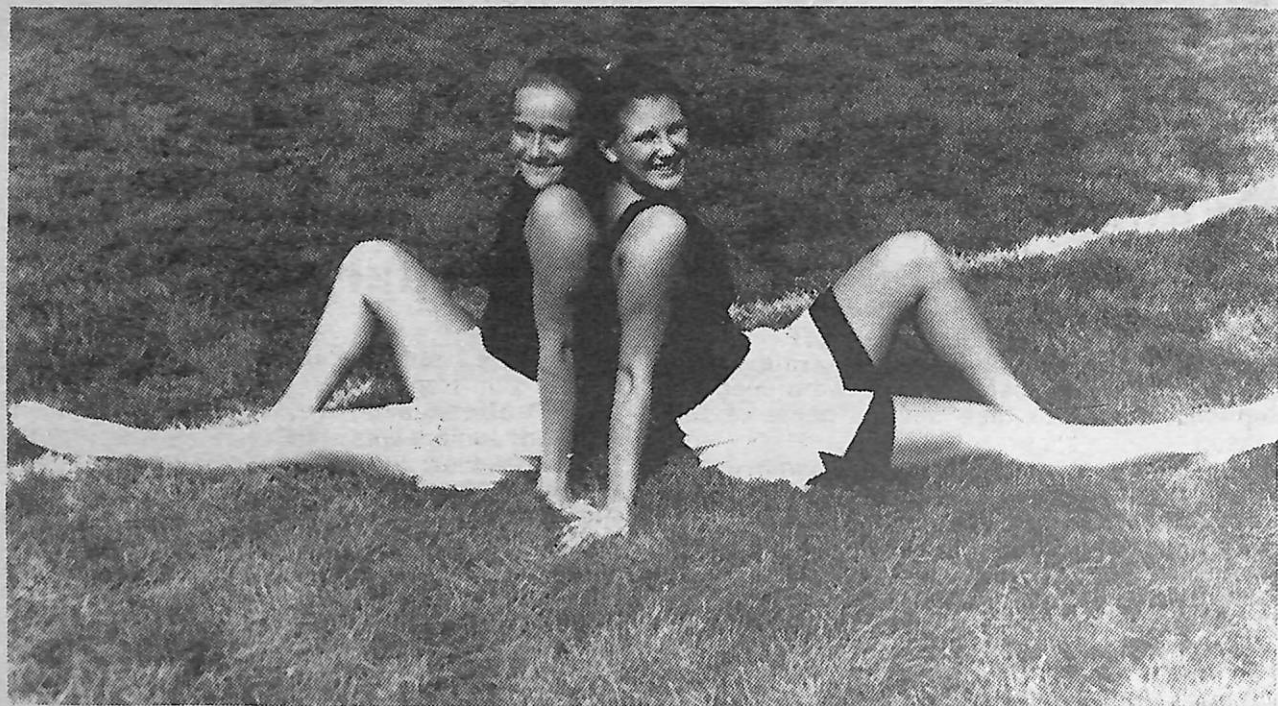
Sawyer also singled out junior **Kelley Mullin**. "She is another all-arounder. She is probably my strongest athlete. Her best exercises are the beam and the floor."

Coach Sawyer has a small but talented team this year. She feels all of them are skilled enough to be all-arounders.

"I don't want any of my athletes to settle for anything but a win," Coach Sawyer says. "I have complete confidence in them. I hope they have the same amount of confidence in me."



MEMBERS OF THE 1995 Agawam High girls' varsity gymnastics team. Back row - Coach Hether Sawyer, Jessica Hansen, Kelly Mullen, and Jen Sparveri. Middle row - Amanda Peters and Jill Mercadante. Front row - Becky White, Kim Pietroniro, and Melanie DeMastrie. Advertiser News photo by Jack Devine.



BECKY WHITE and JEN SPARVERI are the senior co-captains of the 1995 Agawam High girls' varsity gymnastics team. Advertiser News photo by Jack Devine.

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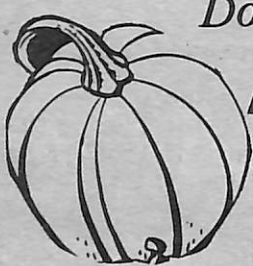
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AGAWAM HIGH SCHOOL SWIMMERS who competed in the recent summer Bay State Games includes, from left - Brendan Kilrain, Bridget Donovan, and Mike Robinson.

AHS Swimmers At Bay State Games Win Medals

Agawam High School swimmers **Mike Robinson, Bridget Donovan, and Brendan Kilrain** were winners this past summer at the Bay State Games.

The swimming events were held at Harvard's Blodgett Pool. Jackets and medals were awarded for first- through fourth-place finishers.

Mike Robinson placed second in the 400 IM, 200 IM, and 400 free. He came in third in the 200 free.

Bridget Donovan came in fourth place for her 200 free.

Brendan Kilrain came in first place in the 400 IM and 200 IM. Breaking records in both events, he also placed second in the 100 and 200 breaststroke.

These three swimmers are looking forward to a successful swim season at the Agawam High School.

Agawam Park & Rec. Men's Volleyball (Standings As Of 9/25/95)

TEAM	RECORD	POINTS
SPARTANS	9-3	27
EZ RIDERS	8-4	23
OLYMPIC FASTENERS	5-7	14
LIGHTNING SPIKE	2-10	8

Agawam Junior Youth Football Team Defeats Chicopee Boys Club Chargers, 14-6

The returning Chicopee Boys & Girls Club's "Chargers" came back to Agawam Sunday, September 24th for their second game of this season.

From their first possession, the Agawam Junior squad ran off the clock for the first quarter with a very good offensive drive that ended in a penalty inside Chicopee's 20-yard line, where Agawam turned it over on downs.

However, on the next offensive series, led by Dan Richards, scored on an excellent run by John Slachetka for a 45-yard rush. The two-point cover-

sion, ran by Jason Clement, was good, only for the blocking up front with Sean Burke, Billy Menard, Brian Pederson, and Andrew Huffman. Defense of Agawam Juniors was at its best, led by Mat Shea, Bo Fydenkevez, Jeff Zucco, Ricky Climburg, Dave Pashek, and Vinny Morretti.

The Juniors scored once again by a QB sweep by Dan Richards, which ended the game at Agawam, 14-6. "The whole team had the benefit of playing time," said Coach Gaffney, which was very good for the team's first win this season.

For photo coverage in The AAN, please call photographer Jack Devine at 789-0053. However, please give Jack at least 48 hours' notice prior to the date of your event...



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OAK RIDGE GOLF CLUB was the site of the Sophie Strycharz Memorial Golf Tournament to benefit the American Lung Association. From left - George E. Bickford, Oak Ridge staff; Paul "Mono" Strycharz, one of the club's owners; and Mario J. Sakellis, executive director, American Lung Association. Advertiser News photo by Jack Devine.



MEMBERS OF THE MEMORIAL TOURNAMENT COMMITTEE for Sophie Strycharz at Oak Ridge Golf Club included (back row) - Jim Modzelesky, club pro, and Bill Strycharz, one of the club's owners. Front row - Michael Drewnowski, and Mono Strycharz (one of the club's owners). Advertiser News photo by Jack Devine.



OAK RIDGE GOLF CLUB OWNER Tony Strycharz (in wheel chair) is pictured at the memorial tournament for his wife on September 14th. Also in photo are Frank Korona, Nancy Sobinski, and Julie Sicinski. Advertiser News photo by Jack Devine.

Strycharz Tourney Nets Over \$10,000 For Lung Association

The Sophie M. Strycharz Memorial Golf Tournament to benefit asthma programs of the American Lung Association of Western Massachusetts was a great success, raising over \$10,000.

This first-year event was held at the Oak Ridge Golf Course in Feeding Hills. The Strycharz family organized the event in the name of their mother, Sophie Strycharz. Funds raised from this event will be used to support the following:

"Breath Games," which is a track and field event for asthmatics five to 13 years-old; "Camp Chest Nut," which is a residence camp for asthmatics in the Berkshires; "Open Airways," an educational package on asthma to be used by teachers in the school system; peak flow meters, which are devices for asthmatics to check their breathing capacity; and research to try to determine the cause of asthma.

For more information on asthma, call the American Lung Association at 737-3506.

ADVERTISER NEWS

ATTENTION ALL CANDIDATES: Beginning this week we asked that all press releases, photos, and ads be brought in on Monday due to the increased volume of work for the staff. We open at 6:30 a.m. Thanks for your cooperation.

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Cedric Washington & Holyoke Next Up For 1-1 AHS Football

by Dave Rollins
Sports Editor

When you mention Holyoke High School football, there is only one name worth mentioning—Cedric Washington. Cedric is arguably the best running back to come out of Western Massachusetts in the last 10 years.

He has more than 4,000 career rushing yards at Holyoke High. He has more than his share of 200-yard games. He also plays quarterback on occasion. He has a pack of Division One colleges hot on his fleet heels.

Cedric Washington is a unique talent. This Friday night (September 29th), he and the rest of the Purple Knights will come calling at Harmon Smith Field.

Agawam Coach Dean Vecchiarelli, assistant coach Gary Geiger, and the rest of the Brownie football coaching staff are going to have to come up with a way to stop Cedric. It will be a tall order.

You might remember last season. Agawam beat Holyoke 7-0 (up there). They basically shut Washington down. He gained only 67 yards on 14 carries. Coach Vec doesn't feel history will repeat itself.

"If we stop Cedric," Vec said, "we stop them." Then he revealed the strategy the Brownies will

have to employ to accomplish the stopping of Washington.

"We are going to have to keep the ball a long time on offense. And, when we go on defense, we are going to have to tackle better than we've ever tackled before," Vec said, adding, "There will be no tricks in this game. Beating a guy like Washington is going to require the most fundamental style of football. It will be straightforward. We will have to be inspired. We will make him earn every yard he gets."

Relishing The Upcoming Challenge?

You couldn't help but think that Vec relished the upcoming challenge. "They will run out of the I-formation all game long," he noted. "That formation is perfect for a 'back' like him. They will showcase Cedric all night long."

Vec should know. They ran the "I" when Jason Votakis was here the past few years. Great running backs tend to have the offense tailored around them.

The Holyoke defense and the overall size of the Purple Knights doesn't concern Vec. "They'll run a 5-2 on the 'D,' much like we do. We both match up well as far as size goes."

Holyoke will have a couple of standout offensive linemen—6', 200-pound guard Pat Leahy, and 6'2", 265-pound tackle Jason Smith. It should be a battle when they line up against the likes of 6'2", 250-pound Derek Parker, 6'2", 225-pound Bryan Menard, and 6', 200-pound Jason Degray.

"Holyoke also has a fine wide receiver in Jose Colon," Vec said of the 5'7", 150-pound Purple Knight senior. "But I don't think he'll be featured in this one."

This game will be a battle of the infantry. If an air war breaks loose, it will be initiated by Agawam. This game may also be high scoring. The Brownie defense will probably allow Cedric a few scores, just because he is that good. The Holyoke defense will have its troubles handling the Agawam I-Bone, which is maturing week by week.

I hate to make this prediction. Agawam will be the underdog in this one just because of Cedric Washington. He's a year older, a year bigger (5'11", 200 pounds), and a year faster (4.3 in the 40). And he has one more year of experience to figure out a very complicated game.

AHS Field Hockey Absorbs Tough Loss At Amherst, 2-1

by Dave Rollins
Sports Editor

The Agawam High field hockey team came into Amherst last Friday afternoon on a roll. They were 1-0-3. They had played powerful Smith Academy and even more powerful Greenfield to ties. But Amherst, coming in at 3-0 and playing on its home field, got lucky and would not be denied. They won it, 2-1. But it might have been different.

This was, without a doubt, a gut check for both teams. Not only did they have to battle each other, but they had to battle the elements (the rain was cascading down in sheets).

Amherst tried to put pressure on Agawam early on. But the Brownies would have none of it. The Brownies' Amy Bilodeau intercepted the Hurricane passes and drove them out of their zone. She was helped by Melissa Fleming, who played tenacious defense all game long.

Amherst's star forward, senior Kate Connelly, kept running the ball back in. She was driving the Agawam defense nuts. But co-captain Becky Wing came up and challenged her. She took the ball off Connelly's stick more than once.

Wing also passed the ball well on the backside of their defense when they needed to get it out.

With seven minutes gone in the game, Agawam mounted an attack. Co-captain Erica Pratt led the Brownie charge. She took a beautiful pass from

senior sweeper Christine Mazeika and headed out. She got it deep into the Hurricane zone.

Amherst was not 3-0 because it crumbles under pressure. They managed to blunt the Brownie drive and drive the ball back into the Agawam zone. But sophomore fullback Stephanie Fleming and AnnMarie Bianca would have none of it. They drove the ball out of their zone.

Pratt Sets Up Agawam Score

With 17 minutes to go in the first, Agawam was buzzing around the Amherst goal. Wing and Steph Fleming were stealing passes. Amherst couldn't get it out. Erica Pratt had a nice steal that set up the Agawam score.

She intercepted a pass and dumped it in to junior midfielder Jen Stratton. Stratton fed it to Bilodeau. She passed it to Steph Fleming. Fleming got it to Bianca, who put it on Bilodeau's stick. She scored (low left) from 20 feet out.

The good times didn't last too long. Hurricane forward Sarah Suglia took advantage of a Brownie defensive breakdown at the 15 minute mark and walked right in on the right side. She launched from 10 feet out. Keeper Kirsten Decoteau never had a chance. It was one all. That's the way it stood at the half.

The second half started with an Amherst surge.

But Pratt, Wing, Pam Eaton, and Steph Fleming were up to the battle. They drove it out of their zone. One thing must be mentioned here. Agawam Coach Cindy Grieve was drenched. Cindy was right out there with her team.

At 18:36 of the second half, Agawam had a great chance for a score. They got into the usual field hockey scramble in front of the net. Amherst goalie Kate Zacarian looked like she was doing the Polka as she stopped shot after Brownie shot.

Agawam couldn't convert. But with 15 minutes to go, Amherst did. Connelly came in on the left side all by herself. She banged out a slapshot from 30 feet that beat Decoteau down on the left side.

That was the scoring for the rainy day. But Agawam had one more shining chance. It came with 30 seconds left. It was a penalty stroke for the Brownies. Pratt took it from 10 feet out in front of the Hurricane goal. She hit it right into the center of the Amherst keeper's chest. It ended 2-1, Amherst.

Grieve took the loss as well as a coach can take it. "They are in the Central Division. We're in the Southern Division. So we can absorb the defeat right now," she said.

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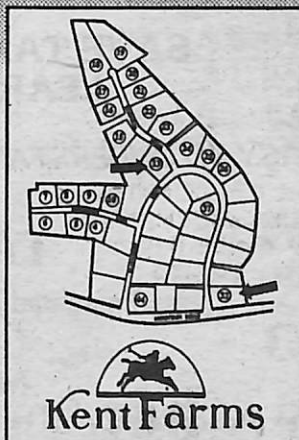
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AHS 1995 Fall Sports Coaches, Captains



COACHES AND CAPTAINS of the various fall sports teams at Agawam High School with Athletic Director Kathleen McSweeney (front row, far right). Advertiser News photo by Jack Devine.

Tri-Parish Bowlers Finish 2nd Week Of Rolling At Agawam Bowl

After two weeks of rolling in the Monday night Tri-Parish Bowling League at the Agawam Bowl, Holy Cross (6½ wins) leads the pack of 10 teams followed by St. Louis (5½ wins) and third place Catholic University (4½ wins).

In the opening match of the night, Fordham (4th place/4 wins) faced first place Holy Cross. HC winners were TINA FRAPPIER (244) and third roller JOHN MLINEK (308). Fordham Captain "Jollie" OLLIE MULDER hit a 309 to barely defeat HC Captain SUE GRIFFIN (308). The other winner for Fordham was leadoff roller CORI NAPOLITAN (263).

"Jollie" Ollie was the top gun in this league a year ago but he is off to a slow start so far at a 107.1 clip and is in second place in the Open Division behind top rival "Luscious" LOU MULDER (107.2).

The next match saw 9th place Notre Dame (3 wins) face Georgetown (8th place/3½ wins). ND got the best of this one. ND winners were KELLY GROVER (220), PEARL PROVOST (241), and reliable DON "Don't Sit On" STITT (310). The lone winner for G-Town was a very familiar face in this league, DEBBIE POIRIER (321). Debbie's score was the best of the night as league members continue to get into rolling shape in the early part of this season. Debbie is the league president this year. She defeated FLO ROCHFORD, who is actually ahead of Debbie in the women's rolling race so far - 107.1 to 103.1.

Next up saw sixth place St. Mary (4 wins) get it going against last place St. Anselm (1 win). St. Mary's winners were league veteran VENETTA SNYDER (286) and third roller FRANK CERPOVICZ (285). "Luscious" LOU MULDER defeated JOHN LONCRINI, the St. Mary's captain, 314-286. "Luscious" promises to give his main rival, "Jollie" Ollie, a run for his money this year.

The fourth match of the evening pitted seventh place Boston College (4 wins) against second place St. Louis. St. Lou winners were leadoff AUDREY PHILLIPS (261-258 over DAVE ALDRICH) and Captain GLEN ADAMS, a 308-248 conqueror of "Jungle" JIM MCCORMICK. A 248 for "Jungle" Jim? What happened? He must have been thinking about getting home for the Monday Night Football. That had to be "Jungle's" worst score in years.

Winners for BC were STELLA BARBIERI (242-236 over KIM LACRIX) and "Lively" LARRY FORTIER (280-277 over PAUL LAGODITZ).

In the final match of the night, third place Catholic University faced fifth place St. Michael's (4 wins). CU winners were MARY THOMAS (297), TOM "Not Tony" CURTIS, the top dog in Men's AA rolling at 107.1, and newcomer BILL GRIFFIN (299). Bill was the anchorman and he defeated St. Mike's anchorwoman JEAN BUONICONTI (274).

The St. Mike's winner was MAYBETH "Miss Consistent" COUGHLIN (273). Maybeth is back on the lanes this year and everyone is glad of that.

Harlem Wizards To Return To Agawam High School In November

The Harlem Wizards, a world-renowned entertainment basketball team that is now 35 years young, is coming for the second year to the Agawam High School on Monday, November 13, 1995 at 7:30 p.m.

The wizards feature former NBA players, college standouts, and playground legends.

The two-hour family event is "chock-full of dazzling dunking displays," "ooh and aah" inspiring trickery and teamwork, and high-spirited humor and antics. The home team is made up of

members of our community.

There will be a free post-game autograph session. Refreshments and "Wizard" souvenirs will be sold at the game.

Tickets will go on sale at the end of October. The cost will be the same as last year. Advance sales: \$5 for students and senior citizens, and \$6 for the general public. At the door: all tickets will be \$7.

This event is being sponsored by the Agawam High School P.T.S.O.

Agawam Little League Sponsoring Info Night On Thursday, Oct. 12

The Board of Directors of the Agawam Little League will be having an informational meeting on Thursday, October 12th at 7:30 p.m. at the Italian Sport Club, Cooper St., Agawam.

The Board of Directors encourage all parents of returning players and new players (must be six years-old by August 1, 1996) to attend this meeting. This is your only opportunity before the season starts to meet with the Board and express any concerns you have, and to find out first-hand what plans the 1996 season will bring. Sign-up dates and new changes to registration applications will also be given out at this time.

Coaches who plan on returning and anyone else who would like to coach should also attend.

The Board of 1995 wishes to thank all sponsors who helped make 1995 a great season for the Little League players.

The Board of Directors will be conducting elections at this meeting, also. If you are interested in serving on the 1996 Board, please attend this meeting. It is strongly suggested that parents of farm, T-ball, and minor leagues to consider being on the Board as many of the current Board members will be stepping down after the 1996 season. New members are needed to get involved now as to help make the transition easier.

ATTENTION ALL CANDIDATES: Beginning this week we asked that all press releases, photos, and ads be brought in on Monday due to the increased volume of work for the staff. We open at 6:30 a.m. Thanks for your cooperation.

AHS JV & Freshman Weekly Recap

by Christian DeBonville
Advertiser News Correspondent

FRESHMAN FOOTBALL

The freshman football team opened up the '95 season on Thursday, September 21st in outstanding fashion by dominating on both sides of the ball and picked up a 30-6 victory over Enrico Fermi of Enfield. The game may have been played in Enfield, but there was no home field advantage for Fermi.

Kirk Parker, coach of the freshman Brownies, must have been working his troops hard before this one, for they sure appeared ready to win.

Wayne Paradysz was the story of this one. He accounted for most of the scoring with his running from the tailback spot. QB Mike Buoniconti had a solid game, as did backs Bob Fuller and Brian Gallagher.

Mike Lovely and Bobby Liard were superb in opening up holes for their backs, and the defense was top notch throughout the game.

The freshman footballers get back in action on September 29th with a tough one at Holyoke.

JV FOOTBALL

While Agawam's varsity football squad clobbered the Amherst Hurricanes 35-0 this past week, the junior varsity was denied that same opportunity when Amherst cancelled the game. However, due to the wide margin of victory, many JV players saw action in the varsity contest.

Darin Clark scored on a 15-yard run in the fourth quarter; Eric Melbourne, JV QB, caught a five-yard TD pass in the first half, and George Graves ran well at the fullback position. Others who showed promise in limited action included Jamie Buiso and Mike Sullivan.

The JV team will again take the field on October 2nd at Phelps against the Holyoke Purple Knights.

FRESHMAN BOYS' SOCCER

The freshman boys' soccer team picked up the intensity last week and upped their record to 3-1 in the process. On Thursday, they pummeled Pathfinder's JV team 5-0, as Dave Gallerani and Pete Bitzas each scored twice, with Brian Machos adding the other.

Goalies Brett Adamczyk and Jamie Cincotta each played a flawless half and were helped by the determined defense of Jay Flood, Rich Rodriguez, Chris Trevethan, and Mike DeFilipi.

The next day, the team battled the elements and beat Enfield 3-0, despite the driving rain. Dave Thomas scored his fourth and fifth goals of the season, and Adam Blair netted the other. Machos had a great game, highlighting his playmaking ability, and the passing of wings Tim Faust and Dan Balboni was pivotal to the victory. All in all, Coach Al O'Quinn was pleased with the aggressiveness his promising young team showed last week.

JV BOYS' SOCCER

The JV boys' soccer team went 1-1 this past week to improve their record to 2-4. A 2-0 loss to Chicopee started the week off on bad note, but the team dominated Northampton in a 3-1 victory on Monday.

Dan Siano scored on a beautiful pass from Jay Hanscom and Vincent Tirone and Jeremy Cardona picked up the other goals. Lee Kunkler notched

AHS Boys' JV 1995 Soccer Team



MEMBERS OF THE AHS BOYS' JUNIOR VARSITY soccer team. Back row, from left - Jay Hanscom, Ryan Progulske, Ryan Grealis, Jeff Lyman, Jack Biscoe, Jay Malone, Nick Dion, Jake Blair, Steve Charest, Jeremy Cardona, and Coach Glenn Olson. Front row - Dan Cizek, Brad Tilden, Bill Maroni, Lee Kunkler, Dan Siano, Kevin McKay, and Kyle Gendron.

Advertiser News photo by Jack Devine.

the victory in goal, and was helped by the defense of Brad Tilden, Steve Charest, and Tony Alfano (who was outstanding in his half).

Nick Dion, Kyle Gendron, and Jake Blair were consistent in leading the offense. Hopefully, this convincing win is a sign of bigger and better things from Coach Glenn Olson's club.

JV GIRLS' SOCCER

The girls' soccer team just can't seem to catch a break, as they saw their record fall to 1-4-1 this week. Shannon Beaudry has played well in goal, but the Agawam players have had trouble finding the opposition's net. Erin Defuria and Heather Arcangeletti have played consistently on offense, and Vanessa Galluzzo and Kara Tierney have led the solid defense. With over 10 games to go, Coach Karen Patterson's club has plenty of time to turn the season around and notch a few more victories.

FRESHMAN GIRLS' SOCCER

The freshman girls' soccer team has attained a record of 0-3 up to this point after going 0-1 this week. The main problem so far has been a lack of communication on the field, which is normal for a team playing together for the first time.

Captains Cassie Andre, Diane Abdala, Chris Campbell, and Kornelia Moysis have all been stars for the team and are counted on to lead the team. Abdala has been the team's most consistent scorer, and Moysis has been a stabilizing force for the defense, along with Chris Gregory and Stephanie Prout. Franca Bonavita has played

well in goal as well.

The team will play East Longmeadow and Longmeadow at presstime, hoping to increase their aggressiveness and level of communication.

JV FIELD HOCKEY

After four games, the JV field hockey team stands at a record of 1-3. The offensive leaders have been Kelli Kunkel and Katie Antaya, Maria Giordano, Alison Scherban, and Jody Bulat have also performed admirably. The main problem on the team has been connecting the defense and the offense (with the transition).

With plenty of games left, this competitive team has the time to make this season a good one. Their aggressiveness and determination, as well as the passing to wings, have all been bright spots for this club. Coach Katie Poulos' club will meet Longmeadow, Westfield, and the hated West Side Terriers in the upcoming week.

FRESHMAN FIELD HOCKEY

The learning experience continues for the freshmen, whose record is now at 0-3. Coach Jen Goodfellow has taught her team a lot about teamwork and communication, two things that will help these girls learn the sport better. Kristen Chmielewski has played quite well in goal.

Tina Richie, Danielle Deforge, and Jamie Pavelczyk have shown quite a bit of promise for the young squad. All of the players have shown marked improvement over the start of practices, and they will only get better with time.

Family Eye Care

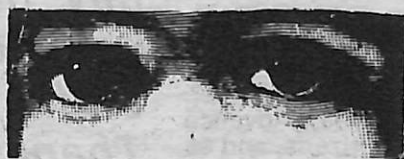
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Sportsmen's Corner

—By Bill Chiba—

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Fall Stocking Program Begins

The Massachusetts Division of Fisheries and Wildlife begins its fall stocking program during the week of September 25th with 48,000 rainbow and brown trout from four state trout hatcheries. In all, a total of 11,000 brown trout and 37,000 rainbow trout will be released. These fish average 12 inches or longer and weigh between ¾ pound and two pounds apiece.

According to Dr. Ken Simmons, Trout Project Leader for the Division, "The trout that will be stocked this fall from the Division's hatcheries are of truly exceptional quality. A good number of these trout weigh more than 1½ pounds and are more than 16 inches long. Anglers owe it to themselves to make the time to fish this fall."

More than 90 lakes and ponds throughout the state are slated to receive fish and should provide anglers with an ample variety of freshly stocked waters to test their skills. Due to extremely low waters brought on by the prolonged drought, only a limited number of the largest rivers will be stocked this fall.

OFFERS NEW FISHING REPORT

Massachusetts' fishing information line—1-800-ASK-FISH—has a new feature: Weekly Fishing Activity Reports.

Each week, local bait and tackle shops report on fishing activity in their region. The information is updated weekly, and as with the trout stocking reports, is available by Friday morning so anglers can plan their weekend fishing ventures.

Reports are available for both salt and fresh

water fishing, and contain information on the location of the water body, the species of fish being caught, and a rating of the fishing (from poor to excellent).

A single phone call can make your time spent fishing more effective by letting you know what's hot and what's not.

EARLY BEAR SEASON NETS 131

Dan McGuinness, hunting and fishing information specialist, reports that Massachusetts bear hunters took to the trails and blinds during the six-day early season which ran from September 11th through September 16th. This is the earlier of two annual bear seasons.

As always, hunters must have a permit to hunt bear, and those who are successful are required to bring their bear to an official check station within 24 hours.

Kevin Dunleavy of Pinebush, New York, took a 435-pound bear in Cummington. The bear was registered not dressed out. What a drag that must have been.

John Carpenter of Hinsdale shot a bear in Cheshire that was not dressed out. It weighed 308 pounds.

Adam Rurak of Chicopee was hunting in Chester when he knocked over a 255-pound field dressed bear.

Bear shot in the various districts is as follows: Western—males, 23, females, 38, for a total of 62 (one bear was not sexed); Connecticut Valley—males, six, female, eight, for a total of 14; Central (Birch Hill)—males, two, female, four, for a total of six; and Connecticut Valley (Bitzer)—males, 20, females, 29, for a total of 49. The combined total is 131.

WHAT DETERMINATION WILL DO

A friend and hunting partner called one day a few weeks ago and asked me if I would teach him how to shoot the bow instinctively (without a sight), which I have been doing since 1942.

I had tried sights and just was not turned on by them. For years I put on archery demonstrations

and hit what I was looking at without any problems. I have not had any difficulties shooting the many deer I have put in the freezer since beginning bowhunting in 1952.

"You got a recurve bow, wooden arrows, or are you going to use metals?" I asked. "I want to go all the way—woods if I can find some," he replied.

"I have 20 Port Orford cedar shafts. You have a hard time finding cedar today. Wood shafts are usually made out of birch and other trees; they do not fly too good, so a bowhunter usually will switch to metal for arrows," I replied. I made up the 20 shafts and (as luck would have it) they fit his bow perfectly.

I have lost track of how many I showed how to shoot the bow in my backyard, let alone giving lessons at various scout camps and annual jamborees. This effort worked into my life at the right time; I have developed a terminal cancer, and teaching John helped tremendously in putting my condition in the back of my mind.

In about three weeks after the changeover from compound bow to recurve, John was putting broadhead arrows in the center of the target. He shot four arrows and placed them side by side (up and down) in the spot at the center of the target.

The next move was shooting at a deer target without markings on the fatal side. It made no difference. He placed them in the fatal area. He shot from 15 yards to 30 yards—he put them in the fatal area.

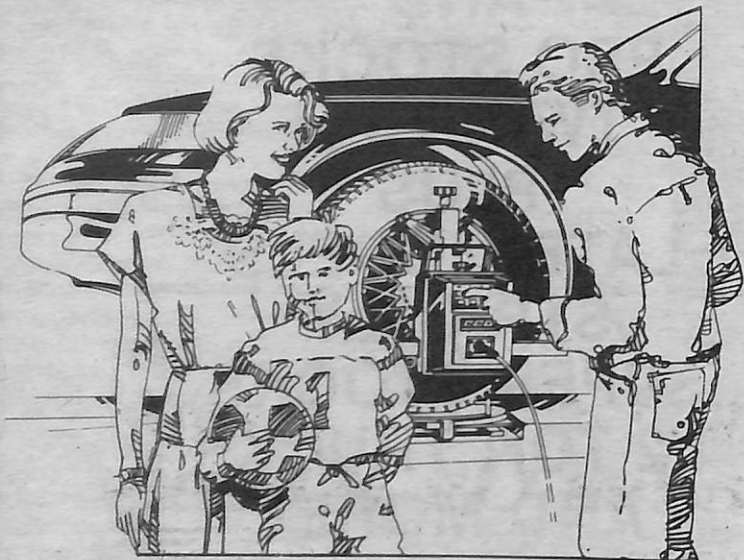
About 8:30 Friday night, I received a call from John from Connecticut. "Guess what? I nailed a 10-pointer (big deer) at dusk. He didn't go far, about 80 yards, and the 10 points were still in velvet. I'll bring it over in the morning," he blurted out.

We weighed it at B & G's Sport Shop in Westfield, and Bill Gogol said it would qualify well up in the Pope and Young ranks (Bill is a measurer for the NFFA). The monster weighed 185 pounds.

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(As Of September 24th)

UNDER 10 BOYS	W	L	T	P
Lyons' Hawks	4	0	0	8
Jack's White Lightning	3	1	0	6
Deglis's Panthers	1	0	3	5
Roos' Yellow Jackets	2	0	0	4
Martin's Blue Tornados	1	2	1	3
Federico's Blue Dudes	0	0	3	3
Harlow's Green Gators	2	2	0	2
Henry	0	2	2	2
Campana	0	3	1	1
Meyers's Orange Flames	0	3	0	0

UNDER 12 BOYS	W	L	T	P
Fleming's Green Hornets	3	0	0	6
Summers's Cranberry Crusher	2	0	2	6
Mouneimneh's Hurricanes	1	1	1	3
Rosenberg's Sun Devils	0	3	2	2
Adamski	0	3	1	1

UNDER 10 GIRLS	W	L	T	P
Davilli's Maroon Maniacs	3	0	0	6
Ruhl's Tigers	3	0	0	6
Kelly's Golden Girls	2	2	0	4
Patrick's Red Devils	1	1	1	3
Santaniello's Grasshoppers	1	2	1	3
Dobise's Blue Lightning	0	2	1	1
Adams's L. Blue Angels	0	3	1	1

UNDER 12 GIRLS	W	L	T	P
Francis's Lady Bugs	2	0	1	5
Spear's Blue Lightning	2	1	1	5
Douglas's Red Devils	2	0	0	4
Davilli's Cranberry Cougars	1	3	1	3
Prisby's Golden Eagles	0	3	1	1

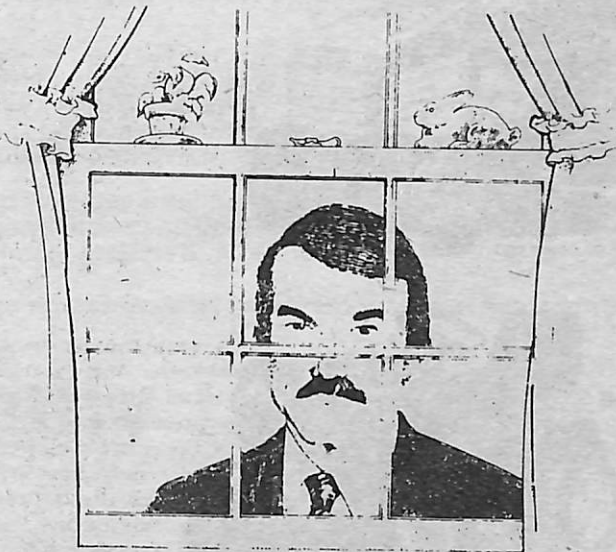


MEMBERS OF THE 1995 Agawam High School girls' junior varsity soccer team. Back row - Jessica Dutton, Sara Drenzek, Julie LaFlamme, Heather Arcongeletti, Vanessa Galluzzo, Barbara Maloni, Melissa Cote, and Coach Karen Patterson. Middle row - Cheryl Lanier, Aimee Loudfoot, Tara Grealis, Erin DeFuria, Megan Berry, Kara Tierney, and Nikki Lawson. Front row - Shannon Beaudry and Jen Quigley. Advertiser News photo by Jack Devine.

UNDER 14 COED	W	L	T	P	Francis's Maroon Maniacs	0	3	0	0
Fleming's Golden Girls	5	0	0	10	UNDER 17 COED	W	L	T	P
Shaw's Orange Crushers	3	0	0	6	Blair's Golden Eagles	1	0	1	3
Rosinski's Blue Raiders	2	2	0	4	Cincotta's Big Green	1	0	1	3
Gremza's Green	0	2	1	1	Heneghan's Rotten Oranges	0	0	2	2
Ellsworth's Red	0	3	1	1	Brinn's Blue	0	2	0	0

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Kit Fratus Wins Megabucks \$5,000 At Riverside Park

On Saturday, September 23rd, 200-plus cars were entered in the Megabucks \$5,000-to-win Enduro at Riverside Park Speedway in Agawam, MA.

Kit Fratus of Jewett City, Connecticut, survived it all to win the action-packed event, taking the lead on the final lap. Seven "real" race divisions also highlighted this evening of racing, witnessed by 5,997 people.

George Savary won the Pro 4 Modified feature, but Ron D'Alessandro put on a great battle with Renee Dupuis just past the halfway mark. Still, Renee (while challenging for the lead) was involved in an altercation.

The next battle was between Savary and Joe Doucette. Savary's was a superior car (as usual), taking down the victory. Doucette finished a strong second over Ron Smith, Ken Hirt, and Dennis Routhier. Sixth through 10th went to J.R. Gorman, Jim Hatt, Bill Gaston, Ron D'Alessandro, and Rick Desrosier.

Forty "Legends" showed up at Riverside, as early leader McNamara cut a tire. Jags Palmer was a key factor as usual, until he was assisted around.

Rob Summers then took the lead and ultimately crossed the checker line first, and Bruce Harrison was right there to finish second. Third was Greg Warzyetta, fourth was David Cassie, and E.J. Boyd.

Rounding out the top 10 were Fred Vondermeir, Jim Michta, John Bagshaw, Jim Smith, and Ralph Beaver.

Tom Gavine won his sixth Mini Stock feature. Late Model ace Todd Owen tried, but he was no match at the finish and had to settle for the number-two spot.

Ron Barnes started last to finish third, and early leader Betty Plourde and Sylvia Crunden came in fourth and fifth, respectively. Sixth through 10th in this division were Ace Johnson, Raymond Parent, John Constantini, Lee Kozikowski, and Cheryl Reilly.

The Super Stocks ran the longest-distance event of the season (50 laps in all) on Saturday, September 23rd. **Jonathan Yourga** came from the mid-pack and had a commanding lead over second-place Craig Collins at the checker.

Third went to Mark Lajoie, fourth went to Bert Richardson (the early leader), and fifth went to Rick "The Bear" Charette. Rounding out the top 10 for the Super Stocks were John Provencher, Mike Tiani, Keith DeSantis, Mark Freniere, and Jose Rodriguez.

Joe Arena secured his second win of the 1995 season in the Strictly Stocks. Chuck Alessio was second, followed by Al Leone, Mike Salmond, and Scott Neleber to round out the top five.

The sixth- through 10th-place finishers in this event were Roy Houle, Jeff Baral, Tony Kilty, Glen Reilly, and Ed Charette.

Dave Capriati won the half-ton truck event over Brian Wittcamp, Bob Bellinger, Nancy Muni, Marty Kosakowski, Gary Kibbe, Dennis Sporbett, and Steve Casstevens.

Meanwhile, in the Police Jimmy Fund feature, trooper **Steve Hall** won over Bill Koss, Jay Drolett, Ken Heim, Steve Clement, Phil Jenks, John Lanterra, Robert Tremblay, Jack Harris, and Ray Fahey.

The aforementioned "real" race divisions will run on two more Saturday nights this fall at Riverside Park Speedway—October 14th and 28th. The October 14th event will feature a "School Bus Demolition," and the October 28th event is the end-of-the-season "Halloween Howler Enduro."

For more information on these upcoming nights of racing, call the racing information hotline at 1-800-370-7488 (Star 4).

ATTENTION ALL CANDIDATES: Beginning this week we asked that all press releases, photos, and ads be brought in on Monday due to the increased volume of work for the staff. We open at 6:30 a.m. Thanks for your cooperation.

Agawam Firefighters Charity Softball



PICTURED ABOVE ARE SOME of the participants in the Third Annual Agawam Permanent Firefighters Charity Softball Tournament held at Borgatti Park on September 12th. Advertiser News photo by Jack Devine.

Sacred Heart Orioles Enjoy Great Summer Of '95 In Fast Pitch Softball

The summer of 1995 ended another successful year for the Sacred Heart 10-13 year-old girls' suburban fast-pitched softball team.

Sacred Heart Orioles won the regular season at 11-1, but lost the playoff finale to Southwick, 11-7. It was Agawam's second loss in two seasons.

Agawam SHAA Orioles fared well in 1995 tournament events. In July, the girls placed fourth in the State Junior Olympic ASA at Plainville. After losing its first game on Friday against Mansfield, Sacred Heart rattled off six straight wins, before

losing to Uxbridge late Sunday afternoon in the quarterfinals, 11-9.

The end of August concluded the season with the Enfield Northern Lights Tournament against the Agawam Glovers, taking home a third place trophy.

The coaches would like to thank Sacred Heart Church and the Sacred Heart Athletic Association for their support and sponsorship, the parents for their commitment, help, and support of their daughters, and to a great group of girls whose love of softball makes it all worthwhile.



MEMBERS OF THE UNDER 12 Sacred Heart Orioles. Front row, from left - Manager Dan Sullivan, Danielle Bachini, Lauren Cressotti, Jen Gensheimer, Amanda Merola, Tiffany Blackman, and Elizabeth Stieg. Back row - Jamie Santos, Jen Pietroniro, Assistant Coach Dave Lyman, Jessica Forni, Liza Bienia, Jill Gendron, Assistant Coach Bill Gensheimer (behind), Jennifer Lyman, Caitlyn Conte, Allison Pisano, Erica Molbury, and Assistant Coach Karl Stieg.

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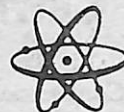
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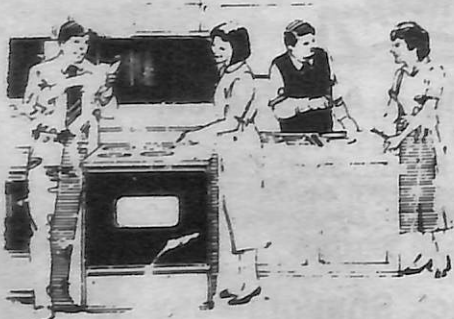
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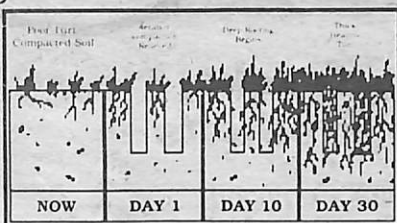
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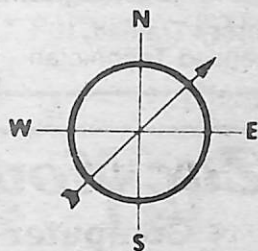
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786-8666

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For Free Estimate



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SERVICES

CARPENTRY SERVICES: Additions & remodeling, family rooms, cellars, kitchens & baths, Florida rooms & screen porches, decks & replacement windows, wood siding & sheds. 25 yrs. exp. Fully insured & references. No job too small. Call George Bernier, 786-8452.

BILL SPEAR FORESTRY SERVICES: Complete tree removal, trimming. Land cleared. Senior citizen discount. FREE ESTIMATES. Fully insured. Call 786-5081.

APPLIANCE AND REFRIGERATOR REPAIR: Mr. Service. Fast, competitive prices. One call does it all. Your hometown repairman. Call (413) 789-1883.

DAVID'S WINDOW CLEANING AND JANITORIAL
Mother's Little Helper! Floors waxed, rugs shampooed, walls washed. Commercial and residential. Call Paul Ferrarini, (413) 786-4436.

HALL LAWNCARE, LANDSCAPING & HEDGE TRIMMING: Lawnmowing, aeration, and dethatching. Commercial and residential, free est. Call 789-9556.

Now Open in Feeding Hills—THE CHECKERED COW: 559 Springfield Street (next to Groomingdale's), 786-6913. Featuring local crafts, handpainted items, quilts, garden & deck flags, candles, and other country gifts & collectibles. (Watch for our grand opening celebration & specials in September.)

CUTS ABOVE LANDSCAPING: Weekly lawncare; landscapes; seeding/sodding; trimming/pruning; yard cleanups; mulching; dethatching; much more. Affordable rates, senior citizen discount. Owned and operated by Michael Adam, (413) 562-1781 or (413) 786-8981.

NORTHEAST BUILDERS: Custom homes & remodeling (since 1975). Fully insured & licensed. Rick Pfeffer, 4 Lenox St., Feeding Hills, MA 01030. Reg. No. 116963; Const. Sup. No. 000450. (413) 789-1150.

HAULER/DISPOSAL SERV.: Attn. Real Estate Agents—Newly started business will take your worries away. From emptying & cleaning gar., cellars, attics, to whole homes & apts. Small jobs a specialty, but not limited. Will also do interior painting & vacuuming. (413) 535-5110.

EMBASSY LIMOUSINE SERVICE: Why not patronize a limo service from your hometown? Locally owned and operated in Feeding Hills. Call 789-4313.

WYMAN'S VCR REPAIR: TVs, VCRs, Computer Monitors, & Camcorders. All makes and models. Factory trained, licensed technician. 789-2835.

D'ANGELO'S AUTO DETAILING: 36 A Russo Circle, Agawam. Complete car cleaning inside & out. Free estimates. Why settle for less when you can have the best? Open: M-F, 7:30-5:00; Sat., 7:30-4:00; Sunday, by appointment. 789-0109.

CARPENTER: Small jobs to custom homes. Honest work at today's prices. Senior discounts and free estimates. Call Stephen Gould, 786-6887.

PAUL'S TREE SERVICE: Removal, pruning, planting, stump grinding, lot clearing, trimming hedges, cabling and bracing, lightning protection. Neat clean-up (no mess left). Call Paul Cocchi, 733-7520.

CURLEY'S LAWN SERVICE: Residential and commercial weekly lawn service. Shrubs, mulch, fertilizing, and other services available. Senior discount. Call for estimates. 786-4622.

READY • SET • GROW! Family Day Care. Experienced teacher of children with special needs has immediate openings. Pre-school curriculum. Large fenced back yard and reasonable rates, FA/CPR certified. Granger School District. Call Sue at 789-2530. License no. 91897.

PROFESSIONAL PAINTING: All interior and exterior. Garage doors & fences. We do it all at competitive prices and prompt service. Call Ciro in Springfield at 413-827-0255.

AJ POOLS: Call early for closings. Sapelli Brothers, 786-2103.

NEED HELP WITH YOUR COMPUTER: ONE-on-ONE Computing. Personal computer tutor. Very affordable. House calls. Answers to all your computer questions. 786-1892.

CLEANING: Window cleaning service, residential and commercial. Free est. Call 789-9556.

CHIMNEY SWEEPS: Attachments & small repairs. Free estimate and inspection. Call 562-5206.

LOWER YOUR STRESS NOW YOUR STANDARDS! Thorough & reliable cleaning service. References available. MS. Cleaning by Margo & Susanna, 746-8334.

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C & F LANDSCAPING/LAWN CARE: Weekly mowings, hedge trimming, yard clean-ups, small tree removal, fertilizing, shrub planting and design. Call for free estimates. Chris at 786-5433.

CLEANING: K-N-S Cleaning Service provides home and office cleaning. Wkly. or bi-wkly. service is available. For free estimate, please call Kelly and Sue, 789-6916.

ROOFING & SIDING: Repairs, all types (carpentry, masonry). Install new doors, windows, vents, gutters. Expert chimney & flashing repairs. Fiberglass installation. Drywall (attics & basements). Free estimates, reasonable rates. Lic. no. 118436 & insured. Call R.J. Fenryery, (413) 736-0276.

WANTED

WANTED: Looking for a mature nanny for my nine month-old boy on Wednesday and Thursday or Friday morning for around four or five hours in my home in Feeding Hills, Massachusetts. Phone number (413) 786-3371.

WANTED: 5 x 8 or larger covered utility trailer. Contact St. David's Church, 786-6133.

HELP WANTED: Part-time youth director, 5 hours per wk. Contact St. David's Church, 786-6133.

PART TIME WORK: Assisting college-aged disabled male with personal care & activities of daily living. AM & PM shifts available. Experience helpful. Will train. Call: (413) 789-3641.

HELP WANTED: Full-time asst. mgr. and sewing dept. coordinator. Benefits, commission, bonus. Apply in person at House of Fabric, 54 Hazzard Ave., Enfield, CT.

WANTED: We are seeking a dependable and reliable person for general office duties including inbound and outbound phone calls. This is a permanent part time position M - F 4 pm until 7 pm. Apply in person. No phone calls please. Renz America, 92 Almgren Drive, Agawam, MA 01001.

WORK WANTED: Hard-working mother of 3 college students seeks work cleaning your home or office. Call Bridget, 569-6306.

HELP WANTED—NURSERY ATTENDANT: Fitness First is looking for a part-time nursery attendant, 20-25 hrs. week (mornings). Must have previous experience with children and infants. CPR certification preferred. Call 786-1460 for interview.

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COMPLETE PROFESSIONAL D.J. SETUP: Top-name equipment. Over \$13,000 invested, including lighting, 300 PCS (vinyl). Will demo. Offered at \$3,500 (OBO). Call (413) 527-3512, evenings only 7:00 to 10:00 p.m.

KURAS FARMS: 1971 Mountain Rd., Rte. 168, West Suffield, (860) 668-2942. Open weekdays 8:30-6:00; weekends 8:30-5:00 p.m. Small—giant pumpkins, gourds, Indian corn, stalks.

FOR RENT

FOR RENT: Suffield—7 rm, 2 bath, 2 car gar. No pets. \$900/mo., plus sec., util., cr. ck. D. (860) 275-3486; E. (860) 688-7637.

FOR RENT: Now accepting applications for small 2 bedroom house. \$550 per month plus utilities. Please call Donna, 786-7314.

APARTMENT FOR RENT: Efficiency on Main Street, Agawam. Everything included. \$400.00 786-9489.

PERSONAL

May the Sacred Heart of Jesus be loved, adored, glorified, and preserved now and forever.

Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude worker of miracles pray for us. St. Jude help of the hopeless pray for us.

Say this prayer nine times a day. By the eighth day your prayer will be answered. It has never been known to fail. Thank-you St. Jude for granting my petition.

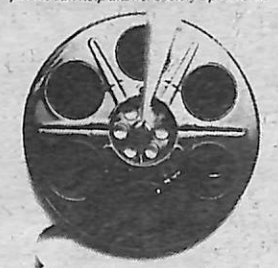
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TAG SALE

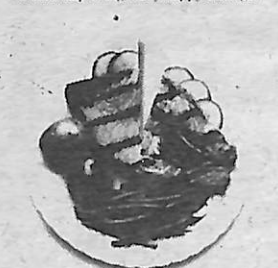
TAG SALE: Sat., Sept. 30, 10-4. 875 River Rd., Agawam. Clothing, household items, odds & ends, tapes & records, perennials.



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Just a fraction of our time watching movies could help bring many happy endings.



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